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Baby on sale for €50

A Romanian woman has lost custody of a three-month old baby after allegedly attempting to sell her for 50 euros. The mother reportedly went door-to-door as she tried to procure a buyer. Initially, she had put a price tag of €1,500 on the dehydrated and malnourished child, but drastically dropped her asking price as the day progressed. (See Page 2)

Portugal charged over corporal punishment

The Council of Europe has lashed out at Portugal for violating children's rights after the Supreme Court had ruled that the corporal punishment of handicapped children at a home was "legal" and "acceptable". (See Page 3)

Southern Portugal's only crematorium closed

The only crematorium in Southern Portugal, in Ferreira do Alentejo, has been closed after six years of non-stop cremations so the incinerator can undergo a thorough inspection and maintenance. (See P.4)

Portuguese PM completes busy Moscow visit

Prime Minister José Sócrates was this week caught in the middle of a propaganda campaign during a two-day visit to Russia. (See Page 5)

Nani and Anderson join Red Devils

Sporting's Portuguese international winger Nani and FC Porto's Brazilian midfielder have signed for English champions Manchester United in combined fees of around 50 million euros. (See Page 72)

Weekend weather

Lisbon: Saturday: Mostly Sunny, high of 27°. Sunday: Sunny and windy, high of 27°. **Faro:** Saturday: Mostly sunny, high of 27°. Sunday: Sunny, high of 26°.

Oporto: Saturday: Scattered showers, high of 23°. Sunday: Partly cloudy, high of 23°.

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Sudoku



Kate and Gerry travel Europe as they look to raise awareness of their missing daughter

HOPING AND PRAYING



Pope Benedict XVI lays hands on a photo of Madeleine McCann and prays for her while Kate and Gerry McCann look on with hopeful expectation. (Photo: EPA / Osservatore Romano)

This Sunday it will be exactly a calendar month since four-year-old Madeleine McCann was snatched from her bed. Despite the combined efforts of Portuguese and British police forces, religiously assisted by hundreds of volunteers and well-wishers the past few weeks, little progress has been made in understanding where Madeleine might be today. Meanwhile, Madeleine's parents, Kate and Gerry, this week continued their super-human efforts in finding their daughter, with the past week being marked by their trip to the Vatican. One of the most poignant moments since May 3, was the meeting between the McCanns and Pope Benedict XVI. The Pope was seen blessing a photograph of Madeleine in St Peter's Square and appeared to offer consolation to Kate and Gerry while taking hold of their hands.

Madeleine, see p. 12

go to www.the-news.net and download our missing Madeleine poster

Portugal condemned for approving corporal punishment of handicapped children

The Council of Europe has lashed out at Portugal for violating children's rights, after the Supreme Court had ruled that the corporal punishment of handicapped children at a home was "legal" and "acceptable".

The Lisbon Supreme Court ruling, issued last April, condoned the actions of a carer who had spanked mentally handicapped children over an extended period of time.

The matter came to Portuguese courts following a complaint lodged against the director of a handicapped children's home, but the Supreme Court ruled that the corporal punishment of these children was within the bounds of the law.

But the European Committee of Social Rights of the Council of Europe has officially challenged the Portuguese judicial system, and the court's ruling, demanding reforms.

According to the Council of Europe, Portugal contravened Article 17 of the European Social Charter that consecrates children's rights to social, legal and financial protection. Last year, the Portuguese Supreme Court tacitly applauded the actions of a woman employee of the home who had been charged, after being accused of slapping the handicapped children in her care, and also for locking them in dark rooms whenever they refused to eat all their food.

The case was brought to the Supreme Court after a lower court had also ruled in favour of



the carers.

"What is a good father if he is not someone who smacks his children for not wanting to go to school, or if he does not send them to their rooms when they refuse

to eat?" asked the Supreme Court judge in his ruling.

The verdict further implied that parents, guardians and even carers who don't hand out corporal punishment to minors in their

care are "negligent", stating had the carers not taken action, that such omissions "could be considered acts of educational negligence".

The court suggested, as an ex-

ample, a rule that must be abided to "vehemently, should be imposed in order for children to be smacked whenever refusing the orders of carers".

The court also found that suf-

ficient evidence existed that one carer at the home had frequently locked a seven year old in a dark room. The child suffered from infant psychosis and apparently "would calm down" when locked in dark rooms.

The carer's behaviour was not condemned.

The court also ruled that there was no wrongdoing by the home involving the situation of another handicapped child, who failed to remain "calm" when subjected to the same 'dark room' punishment for not eating all his salad.

Furthermore, the court supported the rulings of a lower court, maintaining the sole punitive measure handed down by lower court to issue a suspended sentence for 18 months for having tied a child's hands and feet together "to keep him still".

The Council of Europe, in attacking this "dangerous legal precedent", said "Portuguese legislation was not adequately clear and precise" regarding corporal punishment.

It also called for violence to be "effectively eliminated".

The World Organisation Against Torture who charged Portugal of "condoning corporal punishment" took the case to European authorities.

The organization said after the EU ruling: "We hope that from now on, Portugal will comply with the stipulations of the European Social Charter, which explicitly prohibits all forms of corporal punishment on children".

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Possibly the last photo taken of Madeleine McCann on the day of her abduction from Praia da Luz.

Portugal to head up Atlantic illegal migrant patrols



The European Union borders defence agency Frontex announced Wednesday that Portugal will take control of maritime patrols operating in the Atlantic in the fight against the rising levels of illegal immigrants entering Europe.

The move has been prompted by the sophisticated methods being used by organised people smuggling gangs who are now using refitted cargo vessels to ship migrants from Africa and South America to the European Union.

"This is the first time this sort of thing will happen in the EU," Ikka Laitinen, director of Frontex, told reporters at the agency's Warsaw headquarters.

The European Patrol Network will be launched in two phases, with the first phase seeing the creation of the zones to be patrolled.

These will be "based on member states patrolling activities in defined coastal areas of the Atlantic Ocean and the Mediterranean Sea," Laitinen said.

In addition to taking charge of Atlantic patrols, Portugal will join with Spain in coordinating activities off the south of the Iberian peninsula, while Italy will work with Slovenia in the north Adriatic Sea, and with France in the northern Mediterranean.

"This will avoid overlapping of patrols and the effective sharing of operational information," Laitinen pointed out.

He stressed the importance of synchronising the daily patrolling operations of the member states involved and said they would be executed in the most efficient way.

Portuguese boy (4) wins lottery



Rui Lemos, who is only four years old, was asked by his parents to select five numbers and then two. Despite being numbers that were chosen in almost consecutive sequence, his parents stuck with what they were given, and two weeks later, now have 15 million euros in the bank.

The week before he won the multi-million euro prize, Rui's numbers had already given his parents 250 euros.

Last week, they decided to keep the numbers: 25, 26, 29, 49, 50 and the stars being 7 and 8, and won 15 mil-

lion euros.

The Lemos family, who are based in Vila do Conde, say first on their shopping list will be a new home, as they currently live in a home given to them by Rui's grandparents.

Police given thumbs-up in Madeleine case



A survey carried out by Marktest and published this week in *Diário de Notícias* and TSF radio has revealed that nine in ten of the nation's residents are fully supportive of the way the Portuguese police have been conducting their investigations into the disappearance of four-year-old Madeleine McCann.

According to the Marktest survey, 91.8 per cent of the 801 interviewees said they agreed with the way the investigation had been led. A mere 2.5 percent said they were against the way the

police had acted, and 5.6 per cent did not answer or did not know.

The residents of Greater Lisbon were the most supportive, with the most critical being located in southern Portugal.

The survey, which was conducted by phone from May 15th – 18th, also reveals that the higher social classes were more critical than the lower or average social classes.

Southern Portugal's only crematorium closed



The only crematorium in Southern Portugal, in Ferreira do Alentejo, has been closed after six years of non-stop cremations so the incinerator could undergo a thorough inspection and maintenance. Meanwhile, families opting for a cremation, now face exorbitant prices, as funeral homes are now charging one euro a kilometre to take a body from the Algarve to Lisbon and beyond.

Corpses waiting for cremation have had to be put on hold with growing backlogs a common problem, especially in the Algarve.

One funeral agency in Loulé had a body in its fridge for more than 15 days, waiting for the maintenance service to be completed, though the family later decided to send the body to be cremated in Lisbon.

Excluding the cremation, the family had to pay around €250 to have the body of a loved one delivered at a crematorium in the Portuguese capital.

Suspicious have been raised

due to the duration of the maintenance service, which commenced over a month ago, despite a spokesperson of Portugal's other four crematoriums (two in Lisbon, two in Oporto) claiming standard maintenance services take little more than three days.

Local authorities have guaranteed the crematorium will be up and running by June 5th.

The Ferreira do Alentejo crematorium was privately founded after a significant donation from local benefactor Mariano Faria whose dying wish was to be cremated in his place of birth.

Oporto Mayor lashes out at 'cancerous' legal system

The Mayor of Oporto has told a public gathering that "justice is the area that functions the worst in Portugal".

Mayor Rui Rio, speaking at a seminar entitled, 'Reflections of the Judicial Activity in the Oporto Municipality' has called for a change to the Portuguese legal system.

"The country, once and for all, needs to look at the cancer that is our judicial system", he told participants at the seminar.

He also called on lawmakers to "stop the growing trend of making laws in accordance with party laws" and to cease naming witnesses or issuing restraining orders based on political vendettas or due to pressure resulting from public opinion.

Mayor Rui Rio said the Oporto City Hall is spending more money than ever on legal proceedings.

"I have been a formal suspect and defendant (*arguido*) on a number of occasions, but currently, I have the honour of not being an *arguido*," he said, but added: "I do currently stand accused. I cannot say of what, because I am unable to do so as I am impeded to do so by our secrecy laws. Hopefully, I will be able to tell you of what I am accused in the next few days".

Mr Rio did admit that the charges laid against him were brought by the public prosecutor's office.

Noddy and Bob 'toynapped' from roundabouts



Several larger-than-life models of Noddy, Bob the Builder, and Portuguese children's character Ruca were stolen from some of Lisbon's main roundabouts where they had been placed as part of the build-up to the world's first 'Children's Festival', to be held in Oeiras, in June.

Thirty three-metre tall dolls of Noddy, Bob and Ruca, the stars of the festival, had been placed around the city, which will host the weekend-long event from June 28th to July 1st.

Entitled 'My First Festival', organisers expect some 80 thousand people to flock to the festival. It appears they also expected this sort of vandalism, as, according to Sérgio Leitão, publicity director of *Elec3city*, who are organisers of the event, double the amount of models were produced in case of such pranks.

"We didn't expect so many

cases though", said Sergio, who further revealed that some of the substitute dolls had already been taken.

Refusing to reveal their financial worth, Sergio also said that, given the characters' popularity amongst children, he only hopes "they are somewhere inside a child's bedroom making them happy".

To be held in the 93,000 square metres Parque dos Poetas, the festival will offer cameo appearances from famous footballers, two giant screens, a fashion area, and a pink catwalk for little fashionistas.

Portuguese PM completes busy Moscow visit



Prime Minister José Sócrates was this week caught up in the middle of a propaganda campaign during a two-day visit to Russia.

Upon his arrival, Mr Sócrates was greeted by an interview he had given to the Itar-Tass news agency where he was incorrectly quoted as portraying Russia in an extremely positive light.

The *Izvestia* daily, quoting the news agency, reported the Portuguese Prime Minister as saying: "Russia is a base of stability in Europe and in the world. Nobody can contest this. And no-one can contest that following the enlargement of the EU, it has become harder to obtain European unity in relation to Moscow".

However, in the Portuguese version of the interview, Mr Sócrates said: "Current EU-Russia relations only prove the obvious: That an evolution in the

strategic partnership between the EU and Russia is necessary. Russia is essential to European and global stability".

The Russian newspaper further quotes the Portuguese Prime Minister as saying: "Vladimir Putin is an intelligent leader that will leave his mark in Russian, European and world history thanks to his determination and courage. I cannot emphasise enough his untiring service to the great nation that is Russia. He knew how to promote stability in Russia".

At a press conference sitting alongside Mr Sócrates, the Russian President told a Portuguese journalist, that his country's human rights record is no worse

than western countries.

There are countries in the west that "execute people, there are torture centres in Europe, that have problems with the freedom of the press and who have immigration laws that contradict international laws". Meanwhile, on Tuesday, Russian security services cordoned off the Red Square to allow the Portuguese Prime Minister to complete his habitual morning jog.

Surrounded by Russian and Portuguese security officials, Mr Sócrates completed a 30-minute run between the Kremlin and the Red Square, where he was staying during his visit.

On the final day of Prime Minister Sócrates' visit, he spent two hours and 40 minutes with President Putin in a meeting staged behind closed doors.

The official visit to Russia follows a tense couple of weeks in relations between Moscow and

Brussels.

On the Saturday before last, European Commission President Durão Barroso told Russia in no uncertain terms, that any problems it has with an individual European Union state represent problems with the whole bloc.

Speaking at the EU-Russia summit, Mr Barroso said the EU was based on principles of solidarity. The summit, near to the city of Samara in Russia, was marred by Moscow's rows with EU member states Poland and Estonia.

Disputes between Moscow and Brussels have also arisen over the status of Kosovo, energy supplies and trade.

"We had an occasion to say to our Russian partners that a difficulty for a member state is a difficulty for the whole European community," Mr Barroso said at a news conference at the conclusion of the summit.

In the meantime, Poland has imposed a veto on any new strategic partnership accord between

the EU and Russia. The veto – now supported by Lithuania – follows Russia's decision last year, to block meat imports from Poland over apparent food safety issues.

"We believe there is no reason for a Russian ban on Polish meat imports," Mr Barroso is reported to have told President Putin.

The removal of a Russian World War II memorial to Red Army soldiers in the Estonian town of Tallinn earlier this month, sparked unrest by mainly ethnic Russians leaving one person dead and more than 160 injured.

At the summit, Mr. Putin ac-

cused Estonia of "unacceptable" violations of the rights of Russian speakers.

The Kosovo issue also dominated talks between Messrs Barroso and Putin. EU leaders have recently expressed alarm about Russian threats to veto a United Nations Security Council resolution, preparing Kosovo's de facto independence from Serbia.

On Tuesday, as Mr Sócrates was checking into the quarters prepared for him at the Red Square, Russia tested a new intercontinental ballistic missile.

Moscow has termed the new missile as being unstoppable and that it could breach any anti-missile defence system.

This follows talk that the United States was to put up a "shield" on the Eastern frontiers of Poland and the Czech Republic.

Washington says the shield would protect Europe from possible attacks from North Korea and Iran.

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Prime Minister José Sócrates during a morning jog in Moscow's Red Square on Tuesday. (Photo: Lusa / Paulo Novais)



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Dental care could be covered by NHS



Health Minister Correia de Campos and the Mayor of Oeiras, Isaltino Morais, during the opening of a new health centre in Paço dos Arcos on Tuesday. (Photo: Lusa / Inácio Rosa)

The Health Minister Correia de Campos this week received a proposal that aims to include dental care in the national health system, which, if approved, would solve one of Portugal's greatest health quandaries.

Most dental hygiene and treatment practitioners work in the private sector, and not all families can afford to visit the dentist. This has resulted in dental care falling down the list of family priorities, and subsequently, rife oral neglect.

Over half of the population, an estimated 60 per cent, refuse

dental care claiming it is too expensive.

The widening of services covered by the national health system is part of a plan that coordinator Luís Pisco hopes will be gradually incorporated over the next two years.

Despite including dental care, it has been said only primary care

will be offered. Optional extras, such as implants or tooth whitening, will be not covered.

At present there are only two dentists working in continental Portugal for the National Health Service, one in Bragança, the other in Castelo de Paiva, both north of Oporto.

Hospital sends woman in coma home



Barreiro Hospital administrative officials, who discharged a woman in a coma from one of their beds after more than two years' hospitalisation, allegedly in order to 'free up space', have also asked that the patient's family pay out 200,000 euros for her treatment.

Helena Casanova has been in a vegetative state for over two years, having spent the last 2,168 days in the Hospital do Barreiro.

However, due to lack of bed space for other patients, she was removed from her bed and given to the family to look after. The family were also charged €200,000 for her treatment.

Not being able to afford the fee nor look after the patient reportedly forced the family to revert to legal action, something health officials have considered unnecessary.

The National Patient's Union has described the hospital's actions as 'shameful'.

Spokespersons for the Hospital Nossa Senhora do Rosário claim that the patient, who suffers from anoxic encephalopathy, described Helena's condi-

tion as "stable, but irreversible", and that doctors could do nothing more for her "clinical progress".

During a press conference, hospital administrator Helena Pinto Monteiro stressed how urgently the unit needed the particular bed, explaining that the patient in question did not require medical treatment.

Regarding potential court action, she also said: "This is a situation that has been dragging on for years".

Helena Casanova's husband António has said that the only reason he kept his wife in the hospital was because there was nowhere else to put her.

"I need to work to pay my bills because for six years I have been alone with my daughter. The amount the hospital wants me to pay I would not earn even in 20 years", he said, telling how his wife

needs "to be monitored all day long. All she does is go to sleep and wake up".

Mr Casanova has already appealed to various Portuguese entities for help, including the Santa Casa da Misericórdia, though all replies have so far been negative.

But the president of the Portuguese 'Misericórdia' Union has pledged his help in resolving the situation, and providing a solution, as well as asking the hospital to "get in touch" with the union.

Now 53, Helena Casanova fell into a coma after an accident at a municipal swimming pool where, for unknown reasons, she suffered cardiac arrest, spending several minutes submerged before she was found floating in the water by another bather.

Two-thirds of Portuguese favour organ donor cards

Two in three Portuguese are in favour of donating their organs posthumously, a study published on Wednesday by the European Commission has revealed.

On a European level, eight out of ten EU citizens support the use of organ donor cards, although only 12 percent actually carry one, the Eurobarometer survey on organ donation found.

The survey also reveals that 56 percent of Europeans are willing to donate one of their organs after they die, and this rises to 77 percent among those who have discussed the issue with their family.

However, only 41 percent of all Europeans have discussed the question of organ donation and transplants with their family. Compared to a similar survey in 2002, the percentage of Europeans who would agree to donate an organ of a deceased loved one rose by eight percentage points to 54 percent.

The Eurobarometer shows wide variations in the attitudes of citizens from different EU Member States toward organ donation.

EU Health Commissioner Markos Kyprianou said: "Organ

donations save lives, and if more people discussed their views with their families in advance, this would also make the decision to donate the organ of a deceased relative much easier."

Organ donation cards, which indicate the cardholder's willingness to donate an organ after their death, are perceived very positively by European citizens. More than eight out of 10 (81%) are in favour of the use of such cards. Nineteen percent oppose it.

The survey also indicates that the level of education and the socio-professional position have a strong influence on the respondents' view on organ donation. Those with a higher level of education are far more likely to be willing to donate one of their organs. The percentage of senior citizens willing to donate (49 percent) is below the EU average.

Legislation in Portugal accepts that all its citizens are 'presumed donors', in other words, all are considered donors and whoever does not want their organs removed after death needs to file to be declared a "non-donor" with the National Registry of Non-Donors.

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Workers enjoy 'relaxing' strike



While tens of thousands of civil servants laid down their tools on Wednesday, demonstrations in district capitals failed to attract any great numbers of protestors.

Countless workers who adhered to unions' calls to stay away used Wednesday as a day off, with many opting to use the free time to deal with personal issues.

Extensive coverage of the industrial action also meant that ordinary citizens had decided against visiting state institutions on Wednesday, despite the fact that most remained open to the public, but with reduced staff contingents.

While unions argued that government indications that the strike had a low turnout, was the "usual talk", it must be said that it fell well short of its intended impact, especially if they were

looking to force the government to re-think its controversial reforms.

While the Lisbon underground and ferries were non-operational, all other commuter services ran to schedule.

Portugal's largest trade union, the CGTP, which has close to a million members, called the strike at the end of the last month to protest laws that will make it easier to sack workers and to cut public spending.

Mail delivery was largely non-existent while most towns and cities were without refuse removal.

The private sector was mostly unaffected.



Six year old Bruno Jorge waits in vain for the dressing to be changed on his broken leg at Hospital S. João in Oporto. There was a shortage of nursing staff due to the general strike called by the CGTP on Wednesday. (Photo: Lusa / Estela Silva)

Portugal's trade unions to stage protest in Brussels

Two of Portugal's largest trade unions said last Saturday they would join with their counterparts from other European Union member states in June, to protest in Brussels against the European Commission's reluctance to include workers' rights in the proposed EU constitution.

Speaking in Seville, Spain, where they were attending the annual European Trade Union Confederation (ETUC) congress, representatives of the

General Confederation of Portuguese Workers and the General Workers' Union of Portugal, said it was essential that workers across Europe had their rights respected and enshrined in any new EU constitution.

The protection of employees' working conditions, negotiating rights and pay rates should be of prime concern to the European Commission when drawing up any new treaty, both unions said in a statement.

At a press conference to mark the end of the congress, they told journalists that John Monks, secretary general of the ETUC, had their full backing in calling for trade unions to take "the offensive" after Brussels had failed to include "workers' priorities" in the draft constitution.

Earlier, Monks, who was re-elected to his post during the congress, called for protests in Brussels during a June 21–22 summit of European leaders, to push for

"workers' protection to be included in any new EU constitution".

The ETUC also issued a statement Saturday saying it would strongly resist a EU constitution that does not include a so-called "fundamental rights charter guaranteeing the right to strike and negotiate", among other rights.

"We will campaign against any moves aimed at omitting this charter or relegating its importance," the statement said.

Union officials have been concerned over proposals from EU leaders, including newly-elected French President Nicolas Sarkozy, to develop a streamlined EU constitution since it may eliminate such a charter.

European Commission President Durão Barroso addressed the four-day Seville congress, but was left somewhat out on a limb after his calls for unions to "adapt to Europe's social model"

were greeted with a deafening silence by delegates.

"We have to adapt, we have to reform, but we can also adapt keeping the value that makes Europe such an important achievement," Barroso said, only to hear John Monks reply that he regretted that Barroso "had not offered hope" to European workers.

Some 81 unions from 36 European countries representing 60 million workers were represented at the congress.

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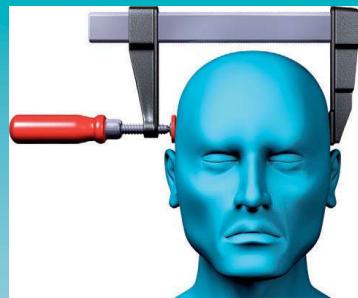
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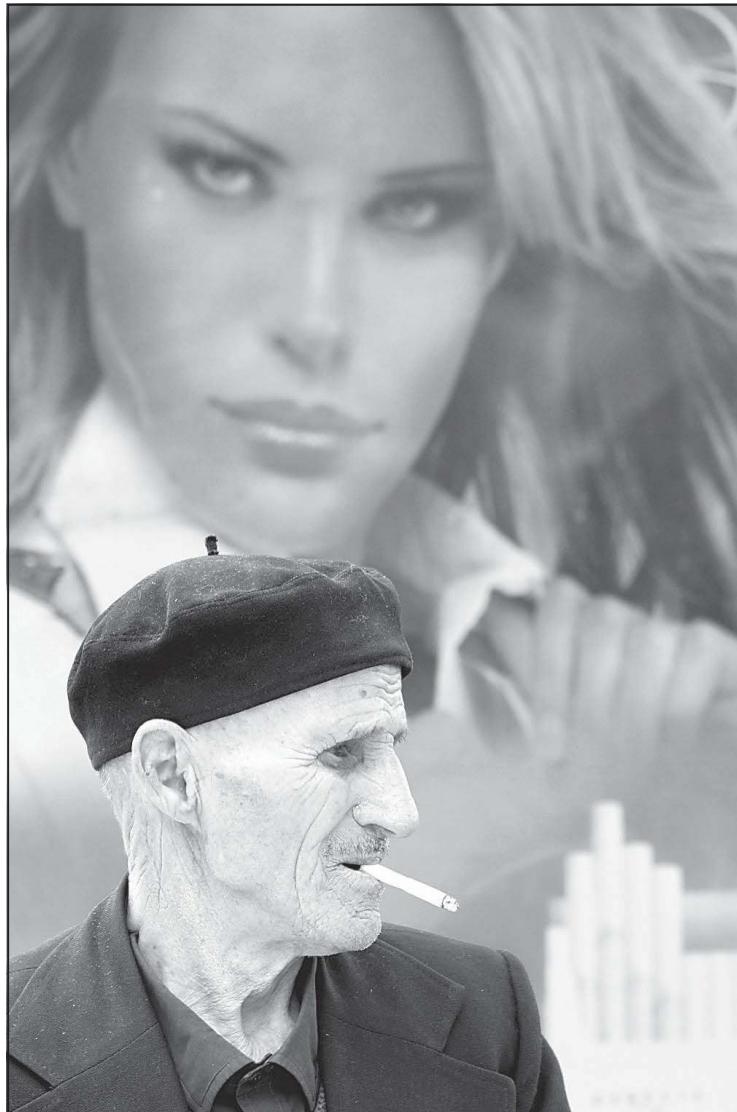
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A recent, undated file photo of an Albanian man smoking in front of an advertising hoarding of a tobacco company in the centre of Tirana, Albania. From 28th May 2007 the Albanian Government has banned smoking and tobacco advertising in public areas with penalties starting from 5,000 lek (42 euros). (Photo: EPA/Armando Babani)

Portugal tops EU non-smokers league



The findings of a survey released last week show that Portugal has the highest number of non-smokers per capita of population than any other European Union member state. According to the Eurobarometer survey, 64 per cent of Portuguese citizens have never smoked compared to the EU average of 47 per cent.

Slovenia occupied second place in the non-smoking league table with 59 per cent of the population saying they had never touched tobacco in their lives. Malta ranked third in the table with 57 per cent claiming to be habitual non-smokers.

The official EU survey, which was released ahead of World No Tobacco Day on May 31st, revealed that 89 per cent of smokers in Portugal smoke regularly every day and that 32 per cent of these have tried to kick the habit in the last two months.

Fourteen per cent of those trying to give up sought help from doctors compared to 41 per cent in Britain.

More smokers in Portugal are turning to nicotine replacement products in an attempt to either cut back on the number of ciga-

rettes they smoke each day or give up altogether, the survey found. Fifteen per cent of the country's smokers are now thought to be regularly using such products.

The Eurobarometer findings also revealed that most Europeans support non-smoking policies spreading through the EU, with the highest backing coming from Ireland, Sweden and Italy, where they are already in place.

An overwhelming majority of EU citizens, 88 per cent, support smoke-free offices, indoor workplaces and public spaces, up from 86 per cent last year.

"I am heartened that public support for smoke-free work and public places in Europe remains so high," EU Health Commissioner Marcos Kyrianiou told members of the European Parlia-

ment in Strasbourg.

"This can only strengthen the momentum towards making European public and work places smoke-free by 2009," he added.

During his address, the Commissioner announced the launch of an e-mail 'coaching session' to support people who are in the process of quitting smoking.

The highest percentage of would-be quitters, 46 per cent, was reported in Britain. Stress is cited as the main reason for going back to cigarettes, although the youngest smokers are more likely to be tempted back by friends or colleagues who smoke.

Some 650,000 people die each year across the EU because of smoking, while a further 80,000 adults are killed by second-hand tobacco smoke.

EU SNIPPETS

Bulgarians Cold Shoulder EU Parliament Elections

Bulgarian voters last week gave the cold shoulder to the country's first elections to the European Parliament. Less than 30 per cent bothered to turn out in what was described in one national newspaper as the electors' "total disinterest" in the EU. "We cannot be satisfied with such a low turnout," said Prime Minister Sergey Stanishev, whose Bulgarian Socialist Party narrowly lost the vote to the new centre-right GERB. "It seems that the political parties failed to convince the Bulgarians of the importance of these elections and the role played by European institutions in each member state," Stanishev said last Sunday. But a spokesman for the European Commission said the turnout was "very much in line with what was expected and also very much in line with the situation in 2004 when the country's membership of the EU was met with voter apathy".

MEPs Arrested in Russia During Gay Rights Demonstration

Two members of the European Parliament (MEPs) and a Russian gay rights leader were arrested last Sunday in Moscow as violence broke out at a banned protest by gay rights activists. Anti-homosexual protesters threw kicks, punches and eggs at the gay rights group chanting, "Moscow is not Sodom". MEPs from Germany and Italy were reportedly among those arrested. Veteran British gay rights campaigner Peter Thatchell was also arrested, along with the leader of GayRussia, Nikolai Alexeyev. Italian MEP Marco Caputto was kicked by an anti-gay rights protester and then arrested when he demanded police protection. Moscow's mayor Yury Luzhkov has called homosexuality "satanic" and says he will never allow gay rights parades in Russia's capital. Sunday's protest was to commemorate the 14th anniversary of the decriminalisation of homosexuality in Russia.

EU Targeted by Russian Cyber-Attacks

EU member state Estonia claims to have been targeted by a number of cyber-attacks from Russia, which have caused havoc among government departments. Officials in the country, including Prime Minister Andrus Ansip, are pointing the finger at Russia saying they have clear evidence

to prove that the attacks are being instigated by Russian government computers - the Baltic state has been forced to temporarily shutdown several of its websites. Jacqueline McGlade, executive director of European Environment Agency's data division, told the AFP news agency that "fairly basic procedures" such as firewalls should be put in place to afford protection against the attacks. Estonian institutional websites have been under regular cyber-attacks since the end of last month, when a row broke out with Russia over the removal of a memorial to Soviet Red Army soldiers in the town of Tallinn in central Estonia.

New EU Space Exploration Project

Twenty-nine European countries, including Portugal, unveiled a new space policy Tuesday unifying the approaches of individual EU member states as well as that of the European Space Agency (ESA). The policy drawn up by the European Commission with the ESA sets out a basic vision and strategy for the space sector, and tackles issues such as security and defence, access to space and exploration. "Up until now, there were the space policies of the ESA members, national policies and EU Community policy," explained ESA head Jean-Jacques Dordain. "For 40 years Europe has realised important projects but what's new is that this space policy is going to integrate 29 European countries, the 27 EU member states plus Norway and Switzerland," he added.

Lithuania Bans EU-Backed Gay-Lesbian Parade

Officials in the Lithuanian capital Vilnius last week banned an EU-backed anti-discrimination parade at which gay rights groups were planning to hoist their rainbow flag, over fears that the event could spark unrest. The police decided to ban the rally after they discovered notices posted on the Internet calling for "resistance" to plans to hoist the rainbow flag in the capital. The campaign, called 'For Diversity – Against Discrimination', had been organised with the cooperation of the European Commission and aimed at promoting tolerance towards minority groups, including gays and lesbians. One of the highlights of the event was to have been the arrival of a 30-tonne so-called "anti-discrimination" truck, which is touring 19 EU member states. The truck is designed to inform citizens of their rights under EU and national anti-discrimination legislation. Brussels said it is the first time in the four years the truck has been on tour that a visit to an EU member state has been cancelled by local authorities.

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Algarve loses nine 'Blue' beaches



Despite losing nine of its prestigious 'Blue flag' awards, a reward given to beaches that comply with the highest European standards, the head of the Algarve Tourist Board (RTA) discounted concerns that this would affect tourism, reportedly stating "tourists won't stop coming to the region because it has less awards".

On a national scale, this year Portugal will receive 15 less awards than in 2006, achieving 189 beaches of blue flag standard in total.

Forty-six of these awards were given to the Algarve, making it the region with the most blue flags in the country.

Eight of the nine losses were from Vila do Bispo, which, as a municipality, failed to put forward a single candidate to receive

the coveted blue flag.

According to Hélder Martins, head of the RTA, "if the Algarve lost all of its Blue Flags, that would be dramatic, but it is still the country's region with most awards and tourists won't stop coming here just because it lost a few."

Many Western Algarve beaches were unable to apply for a blue flag, as accessibility requirements were not complied with.



Eight of the nine blue flags lost were from Vila do Bispo. (Photo: Press Association)

Love is in the air at the Sheraton



This summer promises exciting new horizons for the Sheraton Pine Cliffs, which last Saturday officially announced their partnership with the Portuguese 'amo.te' group (literally translated as the 'I Love You' group). The fruit of this new relationship will see the opening of what looks set to become two of the Algarve's trendiest hang-outs; the amo.te Pine Cliffs Sushi bar, and 'Tabu' by amo.te.

Owned by ex-TV presenter Pedro Miguel Ramos, the amo.te group already comprises four successful establishments throughout continental Portugal, 'amo.te Meco', 'amo.te Chiado', 'amo.te Porto', and 'amo.te Tejo'.

Successful marketing has seen the amo.te trademark become something of a cult, with its own line of clothing, a monthly magazine and a trendy crockery line. Now the Sheraton Pine Cliffs is to

be home to the latest in an ever-growing line of the fashionable venues and the first amo.te name in the Algarve.

Favoured by Portugal's Jet Set and a haunt for the beautiful, amo.te venues are places to see and be seen, following a concept of glamour and lifestyle.

They host regular events such as the Sunset Glamour Sessions, the most recent of which took place at the Sheraton last weekend following the joint venture's official launch and

where samples of the delicious sushi were also given out.

According to Pedro Miguel Ramos, amo.te Pine Cliffs will offer a seductive ambience in which to relax, complemented by fantastic sushi, a chill-out area, and a service that is second to none, enhancing the Sheraton's renowned reputation for style and exclusivity.

It will be open to the general public, all year round, from 10:00 – 02:00.

The anticipated official opening of the venue will take place

in July.

Flávio Bucciarelli, General Manager of the Sheraton Pine Cliffs, is known for his forward thinking, if somewhat, daring approach to management. Not one to shy away from change or a challenge, introducing such a venue to complement the Sheraton's existing range of eclectic eateries and bars had long been one of his ambitions. The amo.te concept fits this niche, and so amo.te Pine Cliffs Sushi Bar was conceived.

'Tabu' by amo.te applies the amo.te concept to the Sheraton resort by making the most of an unused open-air area within the resort. With contemporary décor, lounge beds and a view over the trademark cliffs, it will represent everything the word taboo indicates. Slightly hidden, a naughty indulgence, it will be a secluded area for adults in which they can relax to soothing sounds, enjoy refreshments, and chill out.

Carlos Leal of United Investments Portugal (UIP), an IFA Hotels & Resorts consortium member and responsible for developing the 215-room luxury Sheraton Algarve Hotel and Pine Cliffs Vacation Club, confirmed his enthusiasm for the new ventures. Together, the total investment for amo.te Pine Cliffs and Tabu by amo.te surpasses €500,000.00, but it is an investment that UIP is happy to make.



From left to right: Carlos Leal, Pedro Ramos, and Flávio Bucciarelli.

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Lowest credit cards will apply to Portugal



The European Commission announced last week that credit card users in Portugal will soon be able to slash the amount of interest they are presently paying.

In a move that will harmonise consumer credit card rules across the 27-nation bloc, the Commission said in a statement that users in Portugal would no longer be faced with having to pay between 12 and 17 per cent interest on their credit facilities—the highest rates in the European Union.

The Directive, agreed by all European Union member states, aims to sweep away the patchwork of existing national regulations on consumer credit and allow consumers to shop around for the best deals possible and benefit from the same information and rights regardless of where they live in the EU.

The reform, which has been in the pipeline for five years and still needs final approval from the European Parliament, is supposed to boost competition among consumer credit providers while improving consumer protection.

"This agreement delivers clear practical advantages to Europe's consumers," German Justice

Minister Brigitte Zypries, who chaired the meeting of ministers in charge of competitiveness and whose country holds the EU's six-month rotating presidency, told the AFP news agency.

"For example, in the future it will be possible to make genuine comparisons among credit offers throughout Europe. Credit providers will be subject to uniform transparency rules, and the annual percentage rate of charge for credit will be calculated in accordance with uniform standards," she added.

Consumer credit card rates currently vary widely across the EU with the highest levels to be found in Portugal and as low as six per cent on offer in Finland.

Despite such variations, few Portuguese try to take advantage of cheaper rates in other member states, with less than half of one per cent of all consumer credit in the country being made across EU borders.

"Of course, most consumers will enter credit agreements with



Millennium bcp staged one of its most notable annual general meetings on Monday, when the leadership of Portugal's largest private bank was challenged by founder Jardim Gonçalves. He later withdrew his challenge as Paulo Teixeira Pinto held on to his position as chairman of the bank. Paulo Teixeira Pinto is seen on the right on his arrival at the meeting. (Photo: Lusa / Estela Silves)

nearby banks, or at least in their own country," Zypries said.

"However, this Directive will make it easier for the growing proportion of mobile citizens and users of Internet banking services to identify opportunities beyond the borders of their national credit markets," she added.

In addition to making the lowest credit card rates available to all EU citizens, the Directive will also offer the right for people to withdraw from credit agreements within 14 days without fear of paying penalties and also limit the penalty paid by consumers in the event that they want to repay their credit earlier than initially agreed.

Tax evasion “no longer a national sport”



The effective work done in recent years by the taxman and his growing contingent of inspectors has changed the mentality of Portuguese when it comes to paying taxes.

In comments to the press this week, the state secretary for tax affairs admitted that while tax evasion was once considered a “national sport”, the taxman has enforced a change in attitude among taxpayers.

“People’s opinions are changing, and no longer do people boast of having evaded taxes”, said João Amaral Tomás.

Greater cooperation with police forces were also highlighted by the state secretary, who praised the efforts of the Polícia Judiciária in collecting involuntary payments.

Mr Tomás also pointed to the list published on the Internet naming and shaming tax debtors being decisive in changing people’s mentalities.

The site lists taxpayers who owe €25,000 or more, and latest reports by the Treasury said it had grown by 31 percent in the space of only two weeks.

The addition of 768 new taxpayers with debts to the state is apparently due to the greater efforts from tax inspectors to recover outstanding cash.

In relation to last December the list naming and shaming tax debtors has expanded by 124 percent to a new total of just over two thousand, while the number of companies (owing 50,000 euros or more) has risen by 136 percent in relation to last available figures published shortly before Christmas.

In total, the Treasury says it is still owed 17 billion euros in outstanding taxes.

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Algarve predicts a successful summer



With statistics indicating that there has been an increase in the past few months in all tourism-related sectors throughout the region, the Algarve Tourist Board (RTA) has confirmed its hopes of an equally successful summer, with continuing rises in figures.

According to Hélder Martins, head of the RTA, the month of March recorded an 8.9 per cent rise in revenue in comparison to the same month of 2006, totalling 27 million euros.

On a national scale, the Algarve represented 21.4 per cent of all Portugal's tourism revenue.

During March, a staggering 915,000 people visited the region, a 15 percent increase in comparison to March 2006, with most tourists staying for an average of 4.9 nights, also representing 39.5 per cent of all national tourism that month.

Britons were the region's main

visitors, despite the British market diminishing by 3.6 per cent from February to March.

In April, Faro airport registered an increase of 4.3 per cent in passenger movement, in relation to the previous year, and an increase of 34.5 per cent in relation to the previous month, February.

Hélder Martins further stated that the disappearance of Madeleine McCann in Praia da Luz last month "has had no negative repercussions on the Algarve", with the exception of reservations in the resort where the toddler, her parents and her siblings were staying.

New TV ad rules for Portugal

Under plans agreed Monday by the European Union, advertising on Portugal's television channels will be extended to include "product placement" ads.

Portugal's TV channels will have up to two years to fully implement the new legislation, which was agreed in Brussels by EU culture ministers after nearly two years of negotiations. Analysts predict that the rules will considerably improve the amount of revenue paid to TV channels by product and service advertisers.

The culture ministers updated 1989 rules that effectively set minimum standards on TV advertising across the 27-nation bloc.

While the new package keeps a limit of 12 minutes of advertising per hour, it drops a ceiling of three hours a day that broadcast-

ers have to respect.

For films shown on TV together with children and information shows, the minimum between each commercial break will be cut to 30 minutes from the current 45.

Portugal's TV stations will now be allowed to use so-called product placement items, where a company's product is given a high profile in a programme with the exception of children's shows.

However, if the Portuguese authorities decide that TV channels are in breach of the new regulations by giving excessive time to advertising slots - over and above those allowed - they will be able to force the broadcasters to revert to the previous rules - meaning less advertising time.

The new rules are part of a broader package, which aims to update so-called 'television without frontiers' regulations going back to 1989 covering cultural diversity and the protection of minors.

"This important piece of modernising legislation brings Europe's audiovisual policies into the 21st century, providing a welcome shot-in-the-arm to industry," EU Media Commissioner Viviane Reding told the AFP news agency.



End in sight for cheap labour in Portugal

The European Union's top legal adviser gave a boost on Monday to trade unions in Portugal looking to stop cheap labour flooding in from eastern Europe.

In an opinion presented to Europe's highest court, Advocate General Paolo Mengozzi said that unions may take proportionate action in the public interest to compel a firm to respect local wage rates.

The same opinion applies to Portuguese construction companies, employing cheap eastern European labour on building projects in Spain.

Such opinions are non-binding but the Luxembourg-based European Court of Justice enforces about 80 per cent of them.

The case concerned Latvian company Laval un Paatneri, which posted workers from Latvia to Swedish building sites in the town of Vaxholm.

Sweden's BYGGNADS

construction union accused Laval of paying rates far lower than was legally permissible, and blocked three of its building sites in the Scandinavian country to pressure it into signing a collective wage accord. The action forced the Swedish arm of Laval into bankruptcy.

The rift has been followed closely in Sweden by the media, who see it as a direct consequence of EU enlargement amid fears of an influx of cheap labour from eastern European countries such as Latvia, which joined the bloc in May 2004.

Referring to trade unions across the EU, the Advocate General found that the circumstances in this case "do not prevent trade unions from attempting by means of collective action, to compel a service provider of another member state to subscribe to a rate of pay" in a wage agreement.

"Collective action must, how-

ever, be motivated by public-interest objectives, such as the protection of workers and the fight against social dumping, and must not be carried out in a manner that is disproportionate," he added.

Portugal's trade unions have welcomed the Attorney General's opinion and backed Green Party members of the European Parliament who in a statement said: "The opinion is an important step for preventing social dumping and affirms that the principle of equal pay for equal work in the same workplace has to apply across Europe".

However, British conservative MEP Richard Ashworth complained that any court decision in this direction would give too much power to the unions and stifle competition. At the time of going to press none of Portugal's MEPs had commented on the issue.

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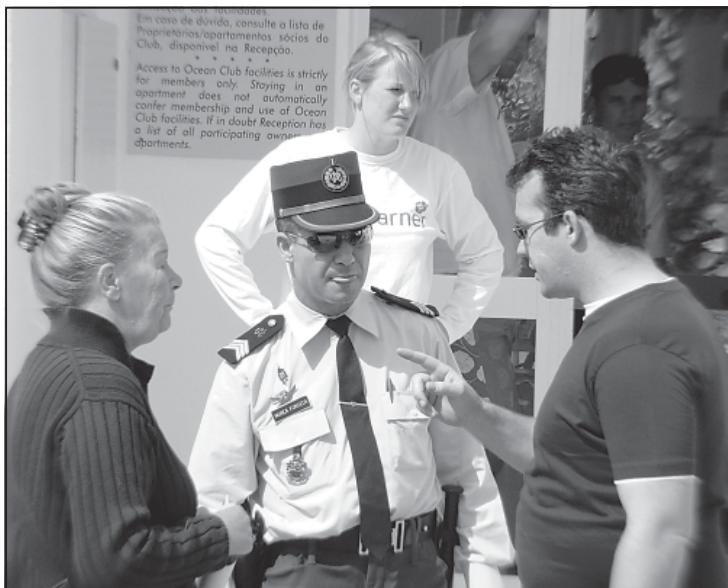
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Robert Murat and his mother Jenny talk to a policeman on May 4th, the morning after Madeleine was abducted. (Photo: The Portugal News)

Portugal is one of the most peaceful countries in the world

Portugal is the ninth most peaceful country in the world, according to a list published on Wednesday. Norway tops the list, while bottom at number 121 is Iraq. 25 places above is the United States.

Entitled the Global Peace Index (GPI), this is the first study that ranks countries according to their peacefulness.

The index has won the backing of an influential and distinguished group of supporters including Archbishop Desmond Tutu, the Dalai Lama and former US President Jimmy Carter.

The index has been compiled by the Economist Intelligence Unit through research by analysts around the globe and is comprised of a broad range of 24 indicators that measures internal and external peacefulness of nations.

The indicators include levels of violence, organised crime and military expenditure within a country.

It was also correlated against a range of social development indicators including democracy, transparency and education.

Researchers found that Portu-

gal is politically stable and free from civil unrest since the 1980s. It is also the highest ranked country in southern Europe.

The GPI also found that the level of violent crime is very low and that access to small arms and light weapons is very restricted.

The top ten is as follows: Norway, New Zealand, Denmark, Ireland, Japan, Finland, Sweden, Canada, Portugal and Austria.

Neighbouring Spain is in 21st position, the United Kingdom is 49th while the US comes in at number 96.

Madeleine, from p.1.

After their visit to Rome, the McCanns initiated the first leg of their European awareness campaign when they arrived in Madrid en route from Lisbon on Thursday evening.

They commuted by normal commercial airliner.

It was unclear whether they would participate in a Spanish television programme that is dedicated to missing children on the eve of International Children's Day.

Upon their return from the Spanish capital, the couple will spend the weekend in Portugal, before setting off for Berlin on Monday followed by Amsterdam.

Their arrival in the German capital will come a day after interviews with German Sunday papers, given on Thursday afternoon, will have been published.

The McCanns are said to be keen on visiting Morocco, but have as yet been unable to set the wheels in motion for a visit.

Gerry McCann, wrote on Thursday after the Papal visit: "It felt as if time stood still for a moment when the Pope looked into our faces and there was almost instant recognition and a change in his expression. He said he would pray for us, our family and Madeleine. Kate passed him a photograph of Madeleine and he blessed this and said he would pray for her safe returning."

In an interview over the weekend, the McCanns told how their world had been turned upside-down by Madeleine's abduction.

On her last day with Madeleine, Kate said: "She looked lovely. She was wearing a new outfit, a pink smock top. That last photo sums up her week. Every minute of every day she was enjoying herself. She went to bed exhausted."

Madeleine's twin brother and sister, Sean and Amelie, are to visit a child psychologist this week, "to explain what has happened to Madeleine".

Meanwhile, suggestions that Portuguese police were side stepping their own secrecy laws to keep the family abreast of latest developments have been rubbished.

A source close to the case said the "frustration" the McCanns felt when referring to police investigations. This feeling of helplessness reached fever pitch on the evening of May 14th when police sealed off Casa Liliana, the villa where police suspect, Robert Murat, lives.

With no news forthcoming from police, Kate and Gerry were reduced to imagining the unimaginable as they relied on television reports to either rule out or add fuel to their own speculation as to what police might find inside the confines of Casa Liliana.

At a press conference held last week, police said the man they want to talk to is "Caucasian, approximately 35 to 40 years of age, medium built, approximately 5ft 10in tall, with hair that is mainly short but [long] on the neck".

This man was reportedly seen carrying a child outside the apartment on the night Madeleine was abducted.

In the Portuguese version of the description, police describe a man who is between 1.70 and 1.75 metres tall, which is between 5ft 7in and 5ft 9in.

Police say the description is based on an "eyewitness report" said to have been given by a member of the group who were on holiday with the McCanns at the time of Madeleine's abduction.

Robert Murat, the police's only formal suspect in the case, said he was on "tenterhooks" following the release of the description.

"It isn't me", he said. "But the description is so vague that it won't put me out of the picture".

Meanwhile, police sources have consistently argued that the delay in issuing a description was an attempt to impede Madeleine's abductors from committing a rash act, simultaneously inducing them into a false sense of security.

Recalling the case of Austrian girl Natascha Kampusch, police have in recent days expressed the view that Madeleine is still alive, only that she is well hidden.

Police spokesperson, Chief Inspector Olegário Sousa, reiterated this view after last Friday's press conference: "The evidence

we have at our disposal says she is alive".

He added that waning media coverage suited police: "We like working discreetly", and remained positive, saying: "We believe our investigations will lead to a positive conclusion".

Despite being less visible, police continued to knock on the doors of Praia da Luz residents.

On Wednesday, they visited apartments in the building where IT expert Serguei Malinka lives and whose computers had earlier been seized by police.

Mr Malinka told **The Portugal News** on Thursday that police had not spoken to him or requested to come into his apartment.

Police had been taking down details of Mr Malinka's neighbours such as names and telephone numbers in what seems to be part of a 'mini-census' being conducted in the village.

Asked how he felt, Mr Malinka said: "I will only be able to relax once this is all over."

The National Institute of Legal Medicine (INML) said on Tuesday that the forensic results from DNA taken by police during their searches would be available "very soon".

At the time of going to press, it was unclear whether police had already received these results.

This follows a trip by experts from Britain, who were this week attempting to trace the abductor of Madeleine McCann by following a trail left by mobile telephone signals.

According to *The Times*, the mobile telephone tracing technique was used to collect evidence that helped to convict Ian Huntley for the murders of Holly Wells and Jessica Chapman in Soham, Cambridgeshire, in 2002.

Trails are created by silent transmissions sent out by every mobile phone even when not in use. Each signal is picked up by masts, which create a timed computer log of the handset's movements. By measuring the strength of the signal, the location of the handset can often be narrowed to an area as small as a few square yards.

Nutritionists 'alarmed' at Portuguese children's diets

According to a survey published this week, only one in 27,500 children eat sugar-free foods for breakfast. Conducted by the Egas Moniz Superior Institute for Health, as part of an initiative for nationwide diet project 'Bom Dia Planta', the survey has raised concerns over the poor diet of Portugal's children.

Based on the interviews of 27,500 school children, aged six to 10, the survey also revealed that only 12.4 per cent of school children enjoy a healthy breakfast, which according to nutritionists should include milk or yoghurt, bread that is rich in fibre, and fruit.

Only one of the 27,500 children revealed they start the day with a completely sugar-free breakfast.

On a general basis, the most frequently consumed foods are

bread and butter, biscuits, and fruit.

More than 42 percent regularly drink chocolate milk for breakfast, 39.5 per cent have a glass of milk, 13.2 per cent drink coffee with milk, and 0.3 percent have a fizzy drink to start the day.

Another worrying statistic revealed that 84.9 per cent of the children spent a minimum of 11 hours without eating, skipping meals like dinner or mid-morning snacks.

Helena Cid, one of the project's leading nutritionists, considered the results "alarming", as well as being "necessary to react against child obesity and poor diets".

Project 'Bom Dia Planta' aims to promote training amongst teachers and parents in regard to children's diets.

Despite the "alarming" figures, Helena Cid confirmed there was a drop in the number of children eating cakes, biscuits and crisps.

think his alcohol intake that day would be over the legal limit.

Despite his requests the courts overruled any petitions for a lesser sentence, stating that his profession and social position had already been taken into consideration.

In addition he was made to pay an extra €350, plus legal fees.

Drink-driving teacher tries to carry out sentence in 'instalments'

A teacher who was fined €225 and banned from driving for three months and 15 days after being caught drunk behind the wheel has been refused permission to carry out his sentence 'in instalments', which would have been over weekends and summer holidays.

Alleging his pupils were his

Web (INTERNET) noun [S]

the system of connected documents on the Internet, which often contain colour pictures, video and sound, and which can be searched for information about a particular subject:

(From Cambridge Advanced Learner's Dictionary)

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Children bring colour to Chiado



Thirty children in the care of social services participated in a campaign to raise revenue for their institutions by painting works of art in downtown Lisbon, which would then be auctioned.

Rock in Rio 2008 countdown brings Lisbon to a standstill

A fireworks display held on the '25 de Abril' Bridge to officially mark the beginning of the 12-month countdown to next year's mega Rock in Rio Lisbon music festival, caused the city's traffic to grind to a standstill long before and after the seven-minute pyrotechnic spectacle.

For hours before the display, traffic grew increasingly jammed throughout the city, with thousands of people flocking en-masse to the Alcântara docks to watch the breathtaking fireworks, while others travelled east to cross the Tagus using the Vasco da Gama bridge.

However, it was when the show finished that the chaos struck, with reports of people leaving the Docas taking almost a full hour to reach Avenida 24 de Julho – a ten-minute walk away.

Traffic on the '25 de Abril' Bridge was at a standstill well into the early hours, leaving most main roads into and out of the city completely congested.

Organized by the Luso Pirotecnia firework group, the display was launched from two floating platforms on the Tagus River, and comprised over 4,000 individual fireworks, many of which made up the 'firework waterfall' that flooded from the bridge.

It was put together to officially mark the start of a 12-month countdown to next year's Rock in Rio, the third to be held in Lisbon, which will take place on May 30th and 31st, as well as June 6th, 7th, and 8th, 2008.

Performances by Brazilian singer Ivete Sangalo and Spanish artist Alejandro Sanz have already been confirmed.



Children painting during the campaign 'Come and give the Chiado some colour' on Rua Augusta in Lisboa. (Photo: Silvia Santos / Lusa)

UCL Alumni in Portugal meet in Lisbon

Over forty former students of University College London (UCL) and their families, some of whom had travelled from as far afield as Oporto and the Algarve, attended a reception on Saturday 26th May in the gardens of the British Institute in Lisbon, to mark the occasion of the visit of Professor Wendy Davies, UCL's Pro-Provost for European Affairs.

Strawberries and cream, the traditional fare at University College parties, were washed down with excellent Portuguese 'espumante' whilst the rain, which had been threatening all

day, graciously held off until the end. David Evans (Geography 1966), who is chairman of the English-Speaking Union (ESU) in Portugal, gave a brief speech of thanks on behalf of the former students to the Director of the British Council, Rosemary Hilhorst OBE (Physics 1975), who kindly hosted the event, and spoke of the founding of the University 180 years ago in opposition to social exclusion, religious restriction and academic constraint. UCL's Alumni representative for Portugal, Maria Empis (History of Art 1993), expressed her delight in meeting

graduates who spanned half a century – the most recent being Silvia Pacheco (Law 2007) who had graduated only the previous week and introduced Prof. Davies who, after underlining the importance of the UCL Alumni network, gave details of the projects which are under way at the University and emphasized her commitment to the worldwide recognition of academic qualifications.

For more information on UCL Alumni activities please contact Maria Empis at: portugal.alumni@uclmail.net.

Forty St. Dominic's students graduate

St. Dominic's International School, Portugal graduated a class of 40 students on Sunday 27th May at Hotel Palácio in Estoril. The graduation ceremony was opened by Mrs. Chari Empis, the Principal of the school, who welcomed everyone and wished the class of 2007 every success in their new life.

Student speakers Hussein Ali, Bo Dury and António Pote, who completed their entire fourteen years of schooling at St. Dominic's, then spoke about their

fond memories of many years at the school. The teachers' representative, Mr. Mark Tweedie, delivered a humorous and reminiscing speech directed toward the graduates. Mr. Christopher Shill, the Vice-President of the School Board, spoke of the importance of receiving a quality education based on equality and open-mindedness for shaping the future and introduced this year's guest speaker, Prof. Wendy Davies, University College London's Pro-Provost for European Affairs.

Prof. Davies spoke about the significance of truth as reflected in local stories of the Middle Ages and the importance of the recognition of European qualifications all over the world after the Bologna and Lisbon agreements. The concluding speech was delivered by Mr. Roger Marshman who will be retiring after four years as Head of Senior School.

The Creativity, Action and Service Award was attributed to Gabrielle Fisher by His Excellency, the Irish Ambassador, Mr. James Brennan. The Irish Ambassador also awarded the Embassy of Ireland Prize for Excellence in Economics to António Pote. Bo Dury and José Ambrósio jointly won the outstanding sportsperson award, which was presented by Mr. Stephen Blackburn, Head of the School's Physical Education Department. The writing skills award was presented by Mrs. Patricia Westheimer to Andrew Hickling. Students will now go on to quality universities in Portugal, the UK, the USA, Spain, and Sweden.



St. Dominic's graduates

Municipal pools closed due to chlorine shortage

Six of Lisbon's ten municipal swimming pools were forced to close for a few days this week when their stock of chlorine ran out, meaning water could not be treated.

According to a City Hall spokesperson, the low stock was caused by 'treasury issues' which were swiftly sorted out, the stock replaced and the pools

reopened.

The spokesperson further explained that when chlorine stocks run out the pools have to close "for public health reasons".

It was also revealed that the City Hall sports department would soon issue a proposal to compensate those who were affected during the closures.

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For further information, contact Elsa Ponte, phone 963 731 171, e-mail: elsacponte@gmail.com or Marianne Andersen, phone 919 280 570, e-mail: marianneaprt@gmail.com

Churches together for Pentecost



Five churches ministering to the English speaking population within the Algarve came together for Pentecost Praise on Pentecost Saturday at The International Evangelical Church, Vale Judeu.

Over 150 people filled the church for the 1st Pentecost Praise organised by All Saints Anglican Church. The All Saints Music Group led the worship and their priest, The Rev'd Eric Britt, sensitively linked everything together. Members of all the churches represented took

part with prayers, readings and meditations, whilst the ministers were available to pray for people for a fresh anointing of the Holy Spirit.

All Saints Music Group is led by Trevor Holman who trained as a professional musician and over the past nine months the music group has blossomed. The Rev'd Eric Britt said he was very proud of the Music Group (if a priest is allowed to be proud) and delighted that so many people came to the evening.

He went on to say "All Saints

embrace both traditional hymns and the more modern hymns and choruses. Every Sunday our desire is to provide contemporary worship that embraces both the good of the past and the present. We are extremely fortunate in that we can do this because of the dedication of Brian Scott, our organist, Jo Burkey, relief organist, Trevor and the music group."

All agreed it was a wonderful evening of praise and worship bringing together so many Christians of different traditions united in their worship of God through Christ in the power of the Spirit.

It is hoped that this is but the first of several events during the year which will continue to bring the churches together for worship and fellowship.

CAR BOOT SALE



organised by
All Saints Anglican Church Algarve
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St Barbara de Nexe (Estoi to Sta. Barbara Road)

Saturday 9th June

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Fill in the grid so that every row, every column, and every 3x3 box contains the digits 1 through 9.
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There's no maths involved. The grid has numbers, but nothing has to add up to anything else.
You solve the puzzle with reasoning and logic.
It's fun. It's challenging. It's addictive!
Solving time is typically from 10 to 30 minutes, depending on your skill and experience.

1	5	6	2					
4				1				
8		2			7			
3		2	1		9			
	8			3				
6		7	3			4		
2			5			3		
3				4				
8	3	7	6					

Last weeks solution:

5	8	7	9	6	1	4	3	2
9	2	4	7	8	3	1	6	5
3	1	6	5	2	4	8	7	9
7	5	8	3	4	9	2	1	6
1	9	2	8	5	6	7	4	3
4	6	3	2	1	7	5	9	8
8	7	9	1	3	2	6	5	4
6	3	5	4	7	8	9	2	1
2	4	1	6	9	5	3	8	7

For tips on how to solve Sudoku puzzles, browse the forums, go to www.sudoku.com

Free AIDS tests in Portimão Contíente shopping centre

As part of an ongoing campaign to raise awareness concerning HIV and AIDS prevention, free tests and analyses are being held at the Contíente Shopping Centre in Portimão.

Three of these sessions were held over the past few weeks, where the tests are offered free of charge and in complete anonymity.

In total, 268 people took advantage of the project and had the tests, which will now be available once a month, until December.

According to António Malta, the project's coordinator, "the localization of the mobile unit, the publicity about the disease,

the quick, easy and pain free tests which are done by a simple needle-prick to the finger, and specialist advice all allow for any citizen in Portimão to find out how his health is with regard to a problem that affects a significant proportion of the human race".

The next open-day will take place on June 2nd, where apart from the free tests, advice can be given on how to prevent contracting the disease.

Marriott looks to the Algarve

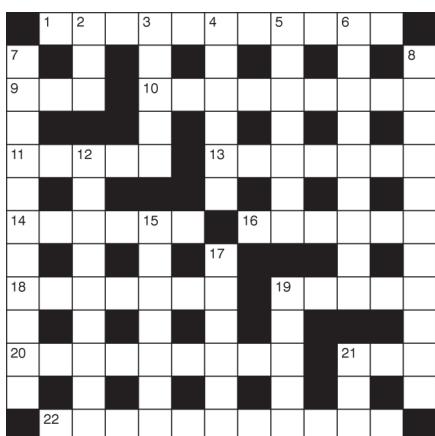
As part of its national expansion plan, which reportedly includes new developments in Lisbon, Oporto, and other Portuguese regions, multinational hotel chain Marriott is also looking to the Algarve to open its inaugural resort in southern Portugal.

The group already has two units in the capital, the Marriott Lisbon and the Ritz Carlton. According to spokesperson Ed Fuller, these are brands that would "work well as resorts in the Algarve and other areas".

"Portugal is a very important market in our European strategy", he said, "It is a unique destination with a hot climate, warm beaches and warm people.

In comparison to markets like those of the USA, China or Russia, which are geared towards colder climates, we believe that a sunny destination will be more beneficial".

The Portugal News Crossword No. 143



ACROSS

- 1. Barrenness (11)
- 2. Pinch (3)
- 3. Build (5)
- 4. Tramples (6)
- 5. Intrigue (7)
- 6. Garment-making (9)
- 7. Unwise (11)
- 8. Weighty (11)
- 12. Enchant (9)
- 15. Chronicler (7)
- 17. Pious (6)
- 19. Attack (5)
- 21. Also (3)

DOWN

- 9. Doze (3)
- 10. Height (9)
- 11. Unsuitable (5)
- 13. Plunder (7)
- 14. Interior (6)
- 16. Complete (6)
- 18. Copy (7)
- 19. Should (5)
- 20. Of one mind (9)
- 21. Beverage (3)
- 22. Reinstatement (11)
- 23. Mend (5)
- 24. Greeting (12)
- 25. Rich (7)
- 26. Under one's hat (11)
- 27. Presumed (12)
- 28. Prelate (7)
- 29. Strain (6)
- 30. Evade (9)
- 31. Drag (5)

QUICK CROSSWORD SOLUTIONS No.142

Across: 1 Sort; 3 Splinter; 9 Revenue; 11 Conventional; 13 Employ; 15 Tinder; 17 Nevertheless; 20 Reach; 21 Acclaim; 22 Greeting; 23 Mend.
Down: 1 Stricken; 2 Raven; 4 Pretty; 5 Improvidence; 6 Tankard; 7 Rich; 8 Under one's hat; 12 Presumed; 14 Prelate; 16 Strain; 18 Evade; 19 Drag.

Faro airport tests electronic passports



The future of travel identification was put to the test this week when Faro airport's border control officials (SEF) ran a pilot-project of electronic passports, which was also carried out at Lisbon airport.

Officially presented to the public last week, if its efficiency and accuracy is approved, RAPID—Automatic Recognition of Identified and Documented Passengers – is hoped to be installed in Faro airport before the beginning of July.

Other Portuguese airports are to be equipped with the RAPID programme before the end of the year.

Developed in Portugal,

RAPID aims to automatically control passengers arriving and leaving the country with electronic passports, cross-matching biographical data as well as photos from the system's optic and electronic readings.

The procedure aims to eliminate boarding and disembarking paperwork, as well as minimising human resources, for those not covered by the Schengen treaty.



A passenger tries out the new RAPID electronic passport recognition machine at Faro airport on Tuesday. (Photo: Lusa / Luís Forra)

Unemployment plummets in the Algarve

Unemployment figures in the Algarve fell by nearly 10 per cent last April in comparison to the same month of 2006.

Figures released this week show that unemployment has been falling in the region for the past 18 consecutive months.

In April 2007 there were a total of 12,347 unemployed individuals enrolled in the regional job centre (IEFP), still 9.6 per cent less than 12 months ago.

This was revealed during an open seminar held earlier this week in Faro entitled 'The 21st Century Work Market – Flexisecurity and the European Employment Strategy'.

Despite the positive indications, Isilda Gomes, deputy for

IEFP Algarve said unemployment in the Algarve is "still a problem" due to its seasonal nature, whereby many workers are given temporary contracts for the summer months.

She further explained how 42 per cent of the region's unemployed are aged between 31 and 49 years of age, or are seasonal workers.

Statistics also show that fourteen per cent of the Algarve's non-workers are foreigners, predominantly from Brazil and the Ukraine, and 1.9 per cent is unallocated teachers.

Illegal workers targeted in police sweep

In an attempt to reduce the number of illegal immigrants currently being offered employment in Portugal, immigration officials (SEF) last week conducted a number of surprise inspections on hotels and restaurants throughout the Algarve.

As a result of the operation, SEF officials detected 24 transgressions, 21 in Faro and three in Tavira. Amongst these were two immigrants who had already been served with deportation orders. One of these illegal immigrants was found to have a pending arrest warrant. Fines were issued to the own-

Civil Governor Pina confirms his RTA candidature



Following recent reports of the Civil Governor's surprise announcement that he was to run for Hélder Martins' position as head of the Regional Tourist Board (RTA) in this month's elections, it has transpired his role may be occupied by the first female to take on the title in the history of the Algarve.

Faro Civil Governor Dr. António Pina has confirmed his intentions to **The Portugal News** of running for the RTA presidential position in next month's election.

In his own words, the decision was somewhat spur of the moment, "There was a need for the role to be filled. When I was approached I had to make an immediate decision", he said.

Asked whether he was confident he would be elected, the Civil Governor replied: "I am hopeful,

and of course I have to be confident, but I know there is a lot of work to be done. If I wasn't confident I wouldn't have decided to run in the elections".

To fill his position as Civil Governor one of the main nominees is Isilda Gomes.

If elected, Isilda Gomes will become the Algarve's first female Civil Governor, and has been pointed as the most likely to fill Governor Pina's shoes.

Isilda Maria Prazeres dos Santos Vargas Gomes is pres-

ently vice president of the Algarve Metropolitan Association Assembly, was once deputy mayor of Portimão City Hall,

and, for the past two years, has been head of the regional unemployment and educational department.

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Ecocide in the Oceans



When the annual meeting of the International Whaling Commission opened in Alaska on Monday (28 May), Japan declared that it planned to kill fifty humpback whales as well as the usual minke and fin whales next year in its "scientific" whale-hunt (catch them, count them, and sell them as food). Humpbacks were heading for extinction when the IWC agreed a moratorium on all commercial whaling in 1986, so the place erupted in protests.

Australian Environment Minister Malcolm Turnbull called it "a highly provocative act," but it is also a carefully calculated one. Japan's real goal is to get commercial whaling restarted, and it offered to drop the plan to kill humpbacks if the IWC approves a return to "limited commercial whaling" by four Japanese coastal villages. Just four little villages for now, and strictly limited numbers of whales—but the 1986 moratorium on commercial whaling would have been broken.

The pro-moratorium countries at the IWC understand Japan's tactics and will not make that deal, reckoning the lives of fifty humpbacks are less important than the principle of no commercial whaling. The killing of fifty humpbacks is regrettable, but it will not endanger a species that has gradually recovered to perhaps sixty or seventy thousand since the moratorium was imposed.

Which is not to say that the humpbacks have really recovered from the carnage of the whaling era. The IWC estimates that there were only 115,000 humpbacks before whaling began, but in a 2005 study marine biologist Steve Palumbi of Stanford University examined genetic diversity among humpbacks, which is directly related to the size of the ancestral population, and concluded that there used to be between 750,000 and two million of them. At best, humpback whales have only recovered to eight percent of their former numbers, and it may be as little as three percent.

We care about whales now (call it mammalian solidarity, if you like), but the fish of the oceans benefit from no such sentiment, and they are now going as fast as the whales once were. In fact, according to a report last year in "Nature," the scientific



A group of South Korean environmental activists stage an anti-whaling performance in front of the Japanese Embassy in Seoul 29 May 2007, calling for Japan to immediately halt whaling. Since the International Whaling Commission or IWC imposed a global ban on commercial whaling in 1986, Japan has been catching a limited number of the sea mammal for 'scientific studies' which environmentalists denounce as a poor excuse aimed at keeping its shrinking whaling industry afloat. (PHOTO: Lusa/EPA/stf)

journal, ninety percent of the really big fish—tuna, marlin, swordfish and the like—are already gone, and the middle-sized fish are following.

The codfish are gone on the Grand Banks of Newfoundland, once the richest fishery in the world, and show little sign of recovery despite an absolute ban on cod-fishing for the past fifteen years. They are declining rapidly in the North Sea, too. In the 1980s the annual catch was

about 300,000 tonnes. The European Union quota for codfish was cut to 80,000 tonnes in 2005—and EU fishermen only managed to catch two-thirds of that quota. Nevertheless, they will probably keep on fishing, with gradually reducing quotas, until the stock is completely eliminated.

The problem is global. As human numbers have soared and fishing technologies have been industrialised, fishing has been

mutated from the maritime equivalent of slash-and-burn agriculture to a process more like strip-mining. The schools of fish are located electronically, few individuals escape the huge nets, and no area of the ocean is left alone long enough for the stocks to recover.

"At this point, 29 percent of fish and seafood species have collapsed; that is, their catch has declined by 90 percent," explained Prof. Boris Worm of Dalhousie University late last year. "It is a very clear trend, and it is accelerating." If the trend continues, he predicted, ALL fish and seafood species that are fished commercially will collapse by 2048.

Individual fishermen, up to their ears in debt for their high-tech boats and equipment, cannot reverse this trend because they HAVE TO go on fishing. Governments could cut the huge subsidies they give to their fishermen, and above all to the bottom-trawlers that are systematically turning the floors of the world's oceans to mud, but they are unwilling to face the political protests of well-organised fishing lobbies. The systematic

destruction of the world's fisheries will continue unless some body equivalent to the International Whaling Commission takes charge, and how likely is that?

Not very. Or at least, an International Fisheries Commission with global regulatory authority is only likely to be accepted, as the IWC was, when all the commercial stocks have already collapsed. Yet fast-breeding fish can recover far faster than whales: as little as five years would allow most fish stocks to recover if a moratorium is imposed before total population collapse occurs. And you don't have to do it in every area at once; most stocks are quite local.

A major human food source—the principal source of protein for one-fifth of the human race—is going to collapse in the next generation unless drastic measures are taken. The world's fishing fleet needs to be reduced by at least two-thirds, bottom-trawling must be banned outright, and widespread fishing moratoriums for endangered species and even for whole areas need to be imposed for periods of five or even ten years.

Unfortunately, the minimum measures needed to prevent ecocide in the oceans would cause major short-term disruption and throw millions out of work, so they probably won't be taken. It will be much easier politically to ignore what is happening now and let the collapse happen later, on somebody else's watch.

Gwynne Dyer is a London-based independent journalist whose articles are published in 45 countries.

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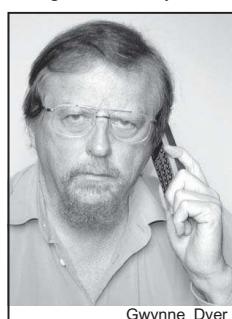
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- Claims handled by local Portuguese loss adjusters working for a UK adjusting organisation
- Claims paid in euros



Intermarché Carvoeiro

This branch of Intermarché will no longer be offering complimentary copies of The Portugal News. Readers can pick up their copy from GALP and REPSOL petrol stations at the Lagoa roundabout or from the CEPSA petrol station between Intermarché and Carvoeiro.

Car boot sale at QM Garden Centre

Saturday 9th June is the date set for a Summer Car Boot Sale and Fun Day at the QM Garden Centre, St. Bárbara de Nexe, on the road between Estoi and St. Bárbara. The Car Boot sale will be in full swing between 10am and 2 pm and buyers and sellers alike are invited to bring a picnic lunch and stay for a game or two of crazy golf on the QM course next to the Garden Centre.

So whether you have stuff to sell (it's only five euros per car entrance) or you are there to pick up some bargains (it's free entry for you) come along, all are welcome.

Proceeds from the entrance fee and Crazy Golf will go towards the up coming All Saints Anglican Church Summer Children's Mission.

For more information and directions contact QM on 289 999 613.

More breath for Lagoa Firemen

Two breathing apparatus were presented to the Lagoa firemen following a fund raising dinner/dance held at the Hotel Garbe on March 31st.

Commandant Vitor Rio was also presented with a cheque for €600. The money was raised by Kathie Lancaster owner of the Village Inn in Mexilhoeira da Carragacção. She has books which are resold and the money raised from that and donations from patrons have helped the firemen on many occasions.

Kathie's sister Ann Lancaster

who is the Director of Freemaps and has also previously donated to the fund, added a further €250. bringing a total of €850 towards the cost of another breathing apparatus the cost of which is €1,500.

These are used by the firefighters for urban fires and the group are trying to obtain at least four of these apparatus to allow the firefighters to carry out their job efficiently and safely.

If anyone would like to sponsor or donate please contact Val Johnstone on 282 471550.



Above: Kathie Lancaster presenting a cheque to Commandant Vitor Rio. Below: Bupa Agent Do Eves who helped organise the evening demonstrating the apparatus with the help of the Commandant.

Ballroom dancing in Portimão

On June 7th Portimão Town Hall will be holding an extraordinary evening of ballroom dancing, in the Municipal Auditorium, which will feature Portugal's top dancing couples.

Amongst these will be a pair of dancers who competed in the hit show on Portuguese Channel RTP1 'Dança Comigo' (Portugal's looser version of Strictly come Dancing).

Those visiting will be treated to an evening of fancy footwork like the Cha-cha-cha, Samba, Cuban Rumba, the Tango and the Quickstep.

Tickets cost €2,50, and will be on sale from 14h00, at the auditorium, on the day of the show.

Algarve Archaeological Association June Meeting



The next meetings of the AAA will be on Tuesday, 5th June. The first meeting of the day will be at the Archive Building, set on the ground floor of the Junta da Freguesia São Sebastião, Loulé at 2.30 pm, while the second meeting will be held at the Convento de São José in Lagoa at 6.30 pm.

The cost for non-members is €5 per person. Proceeds of funds go to paying speakers, bursaries to archaeologists in training and to archaeological works throughout Portugal.

The speaker for the June meeting will be the President of the AAA, Peter Booker. Peter is becoming a well-known speaker throughout the Algarve. He specialises in History, having studied at Oxford.

The talk will be on the origins of Taveraia and the remains left by the Phoenicians, the Arabs and the Christian Portuguese in the environs of Taveraia. There will be a discussion on what happened to Taveraia prior to the arrival of the Arabs and its place within the ages of the Muslim occupation. There will be discussion on the fortifications within the town and the efforts made by the Portuguese in 16, 17 and 18 centuries

to defend this coast against invasions. Come to the talk and learn more about the military remains of the 18, 19 and 20th centuries. Peter is a knowledgeable and enthusiastic speaker and it promises to be a good afternoon with the AAA.

Hawaiian fun for a good cause

The charity dance at O Casereiro, Arão in aid of A.P.A.A. (Association for Protection of Animals Algarve) was well attended and great fun.

The theme was Hawaiian and there were plenty of florally adorned natives and even a few grass skirts.

A limbo competition had a few people dashing off to the chiropractor and was won by the very agile Cassie, daughter of Jeff Dean.

The organisers would like to say thank you to DJ Jimmy and also Roz and Pete for their part in organising the event. Our thanks also to the following, who donated raffle and auction prizes:

A seascapes painting by Roger Bishop; shop voucher from Julie's Gallery; cake voucher from Sweet Marilyn; horse riding voucher from Quinta da Bica Riding Centre and a DVD player from DRN Satellites. Please contact Linda Pixley on 919 368 726 if you would like to visit the kennels and see what beautiful dogs, puppies, cats and kittens are in residence at the association.

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DaneCasa reveals a major breakthrough for the future of wooden houses



After a decade of completely forbidding the construction of wooden houses in the region, Monchique Town Hall has recently changed its laws, relaxing them to permit wooden house construction, a welcome change for companies like DaneCasa.

This was confirmed during a meeting that the wood and steel home specialist company held with Monchique Town Hall architects, who were said to be encouraging regarding the construction of wooden houses in their district as they "blend with the ecological, natural feel that is character-

istic of the mountain range". Once one of the Algarve's most fire-affected areas, the changes to the laws in Monchique, which were passed in December last year and published in the *Diário da República* on December 29th, 2006, reflect positive progress in that respect, a concept that will

hopefully be endorsed by other municipalities.

This is yet another step forward for DaneCasa, who are presently enjoying a second successful year. The company has recently completed a beautiful, two-storey, four-bedroom detached family home in Bordeira, São Brás, as well



Steel constructions can be built anywhere.



A 'Hof-House'.

Faro Airport Pharmacy, one of life's little conveniences



Open since July 2005, Faro Airport Pharmacy couldn't have had a more successful first two years. Passengers walk in and out at a constant rate, reps and airport workers turn to it for relief during long, chaotic days, and locals now have somewhere convenient that is open seven days a week, from 08h30 till 23h00, and has assigned parking outside.

Most of those who travel frequently will, at one point or another, have felt that sinking feeling when their suitcase fails to come round on the conveyor belt. Thankfully, if that should happen in Faro, lost-luggage victims now have the possibility to buy emergency necessities like toothbrushes and other items of personal hygiene, baby products, and cosmetics, straight from the pharmacy.

For those leaving the country, it could be your last chance to purchase that all-essential sun-cream or 'just in case' remedies like tummy settlers or pain killers.

If you are travelling with an animal, the pharmacy stocks a range of veterinary products, and for those with special dietary needs, a wide variety of nutritional products and other health supplements are available.

Natural calming remedies and airsickness medicines are very popular amongst nervous fliers, and can be purchased over the counter.

All prescription drugs can also be purchased at the pharmacy (when accompanied by the respective prescription).

If you have time on your hands, waiting to collect someone or if a flight has been delayed, pop into the pharmacy to check your current state of health.

Blood pressure, glycemia, and cholesterol measurements, pregnancy tests, weight, height, and body mass index measure-

ments, uric acid, fertility, and menopause FCH tests can all be carried out directly in the pharmacy, in a matter of minutes, with maximum discretion, overseen by a qualified pharmacist.

Dr^a Marília Barros, who has some 14 years experience in hospital pharmaceuticals, manages

Faro Airport Pharmacy. Dr.

Marília is supported by other members of the pharmacy's multi-lingual staff, who can offer essential advice and recom-

mendations.

To clarify any doubt as to what can and cannot be carried in hand luggage aboard an aircraft, Dr^a. Barros explained: "Any liquid product up to 100 millilitres can be taken in hand luggage, on board an airplane, and all other products can be taken in the hold".

For more information, see website: www.farmacia-aeroporto-faro.com, telephone: (+351) 289 819 740, or fax: 289 819 741.



Dr^a. Marília Barros (R) with pharmacist Débora Mendes.

as being commissioned by the five-star luxury Vila Sol Spa and Golf Resort.

In undoubted demand, DaneCasa's products have also been given the 'thumbs-up' by some of the region's leading architects, one of which designed an innovative lay-out for a steel-frame home in Aljezur. In this particular case, the frame was erected in just 10 days, one of the advantages of steel and timber construction.

Known for their quality constructions as well as their pioneering technique and tailor-made designs, DaneCasa have recently introduced another building system to their wood and steel constructions: Hof-Houses.

As the construction of choice in Bavaria, Hof-Houses incorporate sturdy wooden frames with solid, conventional exterior ren-



The construction for Vila Sol.

tures all year round. Like their steel and wooden peers, Hof-Houses are eco-friendly and of low energy consumption, having the added bonus of being finished off like regular concrete constructions. Exterior walls can be painted and decorated like standard builds, and inside clients have the option of exposed beams or smooth, painted walls.

As with DaneCasa's wooden and steel constructions, all designs are customised to each client's needs and desires, though with a Hof-House, walls are prefabricated in Bavaria and craned into



Wooden houses can now be built in Monchique.

derings, using normal cement and paint.

Otherwise known as Eco-buildings, the Hof-House is designed to weather cold Bavarian winters and harsh temperatures.

Making the most of the advantages wooden houses have to offer, including thermal and acoustic insulation, this type of construction also reduces humidity and maintains pleasant tempera-

ABC completes five years in Carvoeiro



The Algarve Book Cellar is so packed with books you could literally get lost amongst them. Full to bursting point, Raymond Crompton, owner of Algarve Book Cellar, estimates there are some 40,000 books spilling from all directions, the result of five years' work buying, selling and exchanging books.

There is some method to the madness though. Those who browse in the cool interior will see that despite the shop being jam packed with all genres of literature, every book is in alphabetical order by author.

On June 5th this year, the Algarve Book Cellar (or ABC as it is more commonly known) will celebrate its fifth anniversary. Over the past five years it has become a staple part of the local community, with regulars popping in frequently to buy or exchange their books, or simply to catch up on inside information regarding the latest bestsellers. Its reputation is also well known amongst holidaymakers, who through ABC have an affordable alternative to packing heavy books into their suitcases.

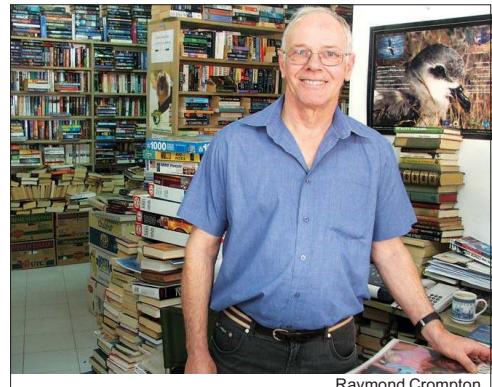
Raymond says he has had "great fun" over the past five years, and the shop has grown beyond his wildest dreams. It has even enjoyed a write-up in a Canadian yachting magazine.

What started as a hobby has now become a thriving, fully-fledged business, and Raymond's next goal is to expand, though moving may prove a little difficult given the amount

of stock he would have to pack and transport!

One of the first of its kind in the Western Algarve, ABC has tens of thousands of books, from thrillers to children's books, most of which are second hand, all available at very low prices.

Exchange discounts are offered and new books can be ordered at discounted prices, without extra fees being charged for postage or shipping thanks to a UK wholesaler with whom Raymond has worked closely



Raymond Crompton

for a number of years.

Books by local authors, audio books, CD's, and a selection of English greeting cards make up the vast stock.

The Algarve Book Cellar is open Tuesday – Friday, 09h30 – 17h00, and Saturdays from 09h30 – 14h00.

For more information, contact the ABC on: (+351) 282 085 713, fax 282 085 714, or visit the shop on the road into Carvoeiro, among the first row of shops on the left-hand side.

PROPERTY

An 11 page weekly guide to the latest and the best properties on the market in Portugal • The Portugal News • 2 Jun 2007

PROPERTY OF THE WEEK

The ultimate lap of luxury



If you thought you had seen luxury villas before, think again. This brand new, sophisticated six-bedroom villa plus outhouse, in the final stages of completion, boasts a level of exclusivity that is hard to rival. No expense has been spared on construction materials or fittings, and the property is equipped with a cutting-edge security system and state-of-the-art remote commands.

High-tech is taken to an even higher level in this property, where lights can be dimmed by palm pressure and owners can adapt their home to suit their needs from anywhere on the globe.

Run your bath, close the shutters, tune the radio into your favourite station and set the mood before you even reach the front door.

Located in the beautiful Eastern Algarve countryside, in Esteiramentes, near Moncarapacho, the property sits on a plot of 40,700 square

metres of self-sustaining farm land which, if continued, generates a means of income, provides fruit enough to comfortably cover the land's maintenance costs and earn significant profits.

It is situated within a 10-minute drive of the nearest beaches and golf course, 20 kilometres from Faro, and eight kilometres to Tavira.

The main house cuts a striking silhouette.

Through the main door we enter a hall that leads into a large, open-plan lounge and dining

area with a decorative A-frame ceiling. Between the two is a freestanding, double-sided woodburning stove. French balconies and patio doors front the raised lounge and dining area, allowing in floods of light, as well as picturesque country-side views.

Left from the hall is the first of three ground floor bedrooms as well as an Italian-style kitchen, which is a good size and has a central cooking island, a back door to the garden and another door that leads straight into the dining area.

The kitchen will be sold fully equipped with top-of-the-range appliances.

To the right of the ground floor are a further two double bedrooms, which share their own hallway and a covered terrace. All bedrooms are en-suite.

Down a flight of stairs from the main hall we enter the garage; a huge garage with space enough to comfortably park a minimum of five cars. There is also a bathroom, and a large offset area with windows that would lend itself beautifully as a home cinema or gym.

The first floor comprises a further three bedrooms, two of which share a private veranda, the third bedroom, a master bedroom, having a large terrace



An artist's impression of what the luxury villa will look like when fully complete, in October.

with sea views.

Paradisiacal gardens that are stepped and professionally landscaped surround the villa. Immediately in front of the villa is a lawn and barbecue area and an infinity pool surrounded by a lovely wooden deck with beautiful sea and country views.

Throughout the property there is air-conditioning, double-glazing, underfloor heating, a central vacuuming system, and surround-sound. The villa is further equipped with broadband Internet and cable TV.

The outhouse is an added bonus. Included in the overall price, it offers the potential to become a two-bedroom guest cottage, a gym, a study, or whatever the client wants, at the client's discretion.

All 40,700 square metres of the plot are fully fenced in, with automatic gates for private access to the property. The cov-



The stage that the property is at presently.

ered areas of the main house and outhouse total approx. 688m².

The price is €2,400,000 (approximately £1,600,000).

For more information contact Land and Houses Algarve - Yellow Homes on: (+351) 289 301 294 (central Algarve) / 281

320 281 (eastern Algarve), fax: 289 301 439 / 281 321 901, e-mail: info@yellowhomes.com/ infonf@landandhousesalgarve.com, or see websites: www.landandhousesalgarve.com / www.yellowhomes.com



A bedroom.



One of the sumptuous en-suites.



The living room.



Another view of the property.



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Vilamoura
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Price: € 850,000 / £ 586,000



Near São Brás
Beautifully Restored 18th century Quinta set in a large plot with magnificent views of the countryside. 8 Bedrooms, 6 Bathrooms, 4 lounge rooms, kitchen and dining room. Swimming Pool, Guest Cottage, Stables large gardens, and terraces.
Price: € 1,475,000 / £ 1,017,000



Vilamoura
3 Bedroom / 3 Bathroom detached villa offering a sunny terrace with private swimming pool. Located within a few minutes walk of the new Hilton Spa resort, the villa also offers a large basement suitable for a gym/games room or 4th Bedroom.
Price: € 690,000 / £ 475,000



Vilamoura
Luxury 4 bedroom / 4 bathroom detached villa in a beautiful setting. Offers full hot & cold air-conditioning, wood burning fireplace, open plan modern kitchen, 2 x lounge / sitting rooms & is situated on a large plot of over 1800m².
Must Be Seen
Price: € 1,150,000 / £ 793,000



Vale Judeu / Vilamoura
New 3/4 Bedroom "Fully Furnished" townhouse with communal swimming pool, BBQ and private garage located near Vale Judeu and 10 minutes drive to Vilamoura and its beaches.
Price: € 378,000 / £ 260,000



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Carvoeiro
Townhouse in quiet area, close to village centre & Centianes beach. Spacious 2 bedrooms w/ own balcony, 2 bathrooms, lounge/dining room, equipped kitchen, storage area, roof terrace. Space for 3rd bedroom. Covered carport. Communal swimming pool.
Ref. A-207 Price: € 235,000



Pestana Golf & Resort
Luxurious townhouse in peaceful location. 2 bedrooms, 2 bathrooms (1 en suite), lounge/dining room, equipped kitchen. Communal sw.pool, 24-hour security. Central heating, Sat-TV. Close to beaches & Carvoeiro centre. Golfing rights. Furnished.
Ref. V-327 Price: € 299,000



Carvoeiro
Villa on a small plot, good location with easy access to the village. 3 bedrooms, 2 bathrooms, equipped kitchen, lounge, dining area, garage. Space for swimming pool with permission to build. Realistic price.
Ref. V-345 Price: € 365,000



Carvoeiro
Spacious luxury villa close to the village centre. Excellent rental return. Easy to maintain, low running cost. Tastefully furnished. 3 bedrooms, 3 bathrooms, lounge/dining room, spacious kitchen, swimming pool. BBQ area.
Ref. V-344 Price: € 405,000



Porches
Rustic villa in secluded location set in plot of 25,000m². 4 bedrooms, 5 bathrooms, lounge/dining room, equipped kitchen, garage, swimming pool. Large variety of trees. Bore hole, cistern, 3 apart. 600litr solar heated.
Ref. V-330 Price: € 1,090,000



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8800-354 Tavira - Tel: 281 320 281
VILAMOURA: EN125, Boliqueime
Opposite Barclays Bk Tel: 289 301 294



Moncarapacho
Tastefully decorated modern villa w/ 4 large bedrooms, 3 bathrooms. Beautiful and mature gardens w/ swimming pool. Property is located in a sought-after residential area, marvelous views. Constr. approx. 250m², plot 5000m².
Ref: LHV-930 Price: € 875,000



Tavira
Bright 2 bedroom / 2 bathroom townhouse on elevated position offering stunning views over Tavira and ocean. Communal pool and gardens. Loft can be converted into 3rd bedroom with bathroom.
Ref: LHT-824 Price: € 267,000

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Moncarapacho
Well-presented 3 bedroom villa w/ distant sea views, consisting of large living w/ separate dining area, fully equipped kitchen, 3 bedrooms, 2 bathrooms, large terrace, mature & landscaped garden. Approx. 898m² plot, 186m² covered area. Built 2003. Ref: LHV-910 Price: € 380,000



Cabanas de Tavira
Well presented 3 bedroom / 2 bathroom Townhouse with communal swimming pool close to all amenities and beach. Lovely location and in excellent condition. Very good price. Covered area approx. 112m², built in 1997.
Ref: LHT-798 Price: € 285,000

VILAGENTE



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Vilamoura
Apartment situated near all facilities composed of 2 bedrooms, bathroom, lounge, equipped kitchen, storage and large terraces. Construction area - 93 square metres.
Ref: A1180 Price: € 150,000



Vilamoura
Spacious 3 bedroom apartment composed of 2 bathrooms, lounge, kitchen, storage and terrace with sea and garden views. Parking space in the basement. Furnished and equipped. Construction area - 119 square metres.
Ref: A1098 Price: € 250,000



Vilamoura
Beautiful semi detached villa composed of 2 bedrooms, 3 bathrooms, lounge w/ fireplace, dining room, kitchen, basement and 4 terraces. Barbecue, swimming pool and garden. Furnished and equipped. Golf view. Plot: 200sqm. Constr. area: 160sqm. Ref: V12482 Price: € 390,000



Loulé
Country villa composed of 3 bedrooms, 2 bathrooms, lounge w/ fireplace, dining room, kitchen, storage and various terraces. Carport and warehouse with 20 sq.m. Furnished and equipped. Plot area - 1.050 sq.m. Construction area - 197 sq.m. Ref: V12490 Price: € 400,000



Vilamoura
Situated in a quiet area, villa composed of 4 bedrooms, 2 bathrooms, lounge and dining area with fireplace, kitchen, 2 storages and terraces. Basement and carport. Swimming pool and garden. Plot area: 740 sq.m. Constr. area: Approx. 120 sq.m. Ref: V12485 Price: € 775,000



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Aljezur
Quite new, 4 bedrooms (one en suite). Living room heated by large fireplace. Equipped kitchen. Pool has delightful movement & is surrounded by wood pavement. Vale da Telha complex has privileged situation, between Monte Clérigo & Arifana beaches.
Ref.: 130 Price: € 395.000



near Portimão
Villa at Monte Canelas, approx. 3Km from Alvor beaches & +- 2Km from Penina Golf Course. New central heating & vacuum, pre-installation of a/c & surround music. 4 bedrooms, (2 en suite). Large roof terrace. Swim.pool w/garden. Alarm & video conference system.
Ref.: 030 Price: € 625.000



near Portimão
3 bedroom Villa. NEW. Outstanding architecture & finishes. A/c, centr. vacuum, surround music, outside pool w/garden. Fantastic terrace. Garage w/aut.gates. Swim.pool, garden. Irrigation sys. And at a complex, approx. 4Km from beaches & Golf. Fantastic Price!
Ref.: 029 Price: € 400.000



near Portimão
6 Bedroom Villa. Modern architecture. A/c, equip. kitchen, living room w/fireplace. Guest house. 3 suites (one w/Jacuzzi). Garden w/irrigation sys. Swim.pool w/self regulating salt sys. And a lot more. 3 Km away from Portimão, at a quiet complex.
Ref.: 0136 Price: € 825.000



Vale da Telha – Aljezur
3 bedroom Villa in Aljezur, equipped & furnished, almost new, w/ pool, barbecue & garden. 3 bedrooms en suite. Living room w/fireplace. Central heating Pre-installation. Situated between Arifana & Monte Clérigo beaches, at Vale da Telha complex. Very good investment.
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Price: € 350.000

Loulé
• Attractive villa built 1991
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Price: € 360.000

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Price: € 125.000

VILAMOURA Ref# V71814
Closed condominium w/ large green areas & pool. Only 100m from the Marina & beach. Constructed area of 125 sq.m. Fitted kitchen. Pre installed for air conditioning. Electric shutters. Underground 1-car parking & storage. Finished to a high standard. Excellent investment, great letting potential.
Price: € 390.000

VILAMOURA Ref# V71825
Two bedroom duplex apartment, excellently located on the Marina in Vilamoura. Only a few minutes walk to the beach. Near all amenities. Furnished and equipped. Constructed area of 100 sq.m. Private parking space for one car. Air conditioning. Excellent letting potential.
Price: € 279.000

BOLIQUEIME Ref# V61717
Traditional rustic style 4 bedroom villa, approx. 15mins drive to Vilamoura. 1400sqm. plot. 578sqm constr. area. Top finishings. Large landscaped garden w/sw.pool. Lounge w/wood burning stove. 2 suites. Central heating. Pre installed for a/c & alarm. 3/4 cars garage. Panoramic country & sea views.
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other bedrooms, a library, sewing room, laundry room, study, workshop, garden room, store-room etc. In total nearly 600 square metres of covered area. The office suite is air conditioned and fully wired with separate telephone, fax and ADSL broadband all networked to the adjoining office reception area. The holiday cottage offers a lounge/diner/kitchen and a double bedroom with en suite shower and toilet, a sun terrace and pool located outside the cottage door. The garden contains numerous fruit trees including oranges, lemons, grapefruit, apricots, figs, olives, almonds and carobs with an irrigation system covering most of the grounds.

This is a very comfortable property ready to move into, but still with enough scope left to put your own mark on it and all for only €895,000. For a more detailed colour brochure or to arrange a view please contact either Trevor on 917010189 or Frances on 916 859898



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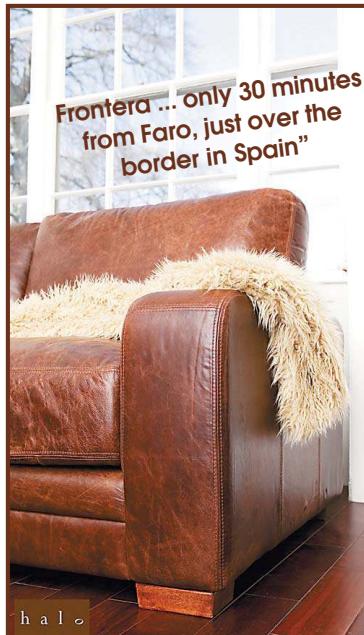
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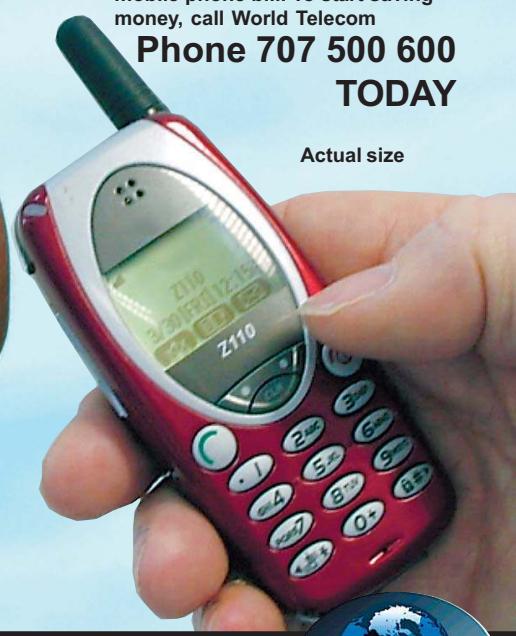
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How disease-resistant are your crops?



Supposedly 'disease-resistant' hollyhocks.



Vegetable gardeners whose crops have in the past been decimated by diseases are always on the look-out for varieties labelled 'disease-resistant' on the seed packet.

But do they actually work? How far does disease resistance go? Have seed companies really made progress in stopping blight, mildew and other devastating diseases?

The latest research by Gardening Which?, the Consumers' Association Magazine in Great Britain, which trialled 14 varieties - five flowers and nine vegetables - and enlisted the help of nearly 300 amateur gardeners, proved hugely disappointing.

The verdict, in the June issue of the magazine, concludes: "We were hoping that at least some of the so-called resistant varieties would be sufficiently less affected so that we could recommend them. Alas this is not the case, at least with most of the varieties currently available."

While breeders are constantly working hard to identify the genes which make plants resistant, it's difficult because disease can mutate almost as quickly as the production of new varieties with multi-gene resistance. By the time the seed goes on the market, the disease may have changed and be unaffected by the resistant gene.

Researchers tested the most common diseases including potato blight (which also affects tomatoes), rust, powdery and downy mildew. Most plants were raised from seed, and each was grown alongside a similar but non-resistant variety. The disease was introduced either on

plants from a garden or as fungal spores and monitored throughout the summer.

The newest blight-resistant tomato variety, 'Fantasio', was grown alongside the non-resistant 'Ailsa Craig' and while the latter was worst affected, with up to half the developing fruit damaged, between 20-30% of the 'Fantasio' fruits were also hit.

Two flower varieties were tested for rust - which weakens plants as they show symptoms of powdery orange, yellow, brown or black spots on the leaves - the antirrhinum 'Rust Resistant Mixed' and non-resistant 'Liberty', and the hollyhocks 'Antwerp', which claims resistance, and 'Pastorale', which doesn't.

Tests found that there was no difference in the rate of infection for the hollyhocks, while the resistant antirrhinum actually suffered more. Tests on phlox 'Blue Paradise', which is said to be resistant to mildew, and the non-resistant phlox 'Fujiyama', showed that both were badly affected by mildew, while there was also no difference in the result of tests for downy mildew on the so-called resistant butterhead lettuce 'Milan' and the non-resistant 'All the Year Round'. Both became equally infected.

The best bet is to stick to your favourite varieties and try alternative ways to prevent disease. Keep tomatoes away from potato crops and ensure foliage stays dry by watering the soil only. And if your flowers are suffering from rust, remove badly affected leaves, don't use a lot of nitrogen fertiliser, which produces lush soft growth, and consider crop rotation for your vegetables, which should help.

The full report is in the June issue of Gardening Which? For

What's in store

With the season of barbecues upon us it is time to think of fresh herbs to flavour our marinades or salads and sauces to accompany the charcoal grilled fish, meat and vegetables, and looking around the garden centres there is now a good selection to be found. The perennial ones make a good start and if you are in a region where some of them die back during the winter months you can dry the leaves for winter use.

The upright *Rosmarinus officinalis* and the prostrate form *Rosmarinus officinalis 'Prostratus'* are also hardy, the former down to -5°C with the latter perhaps needing to be protected at this low temperature as it is not considered to be as hardy as its upright family member. The upright form can have a spread and height of up to one and a half metres, whereas the sprawling, ground hugging 'Prostratus' usually attains a height in the region of 15cm. Not only can rosemary be used for flavouring lamb dishes in particular, but the attractive variable coloured flowers that range from bluish purple to white plus the wonderful aroma are added bonuses, making it a worthy shrub for your flower borders or even as a low hedge. Give it a moderately fertile but well drained soil mixture in full sun and water periodically during the very hot weather for the best results.

Wild Marjoram, *Origanum vulgare* known in Portuguese as *Oregão* is a fully hardy perennial that can stand temperatures down as low as -15°C. It makes a bushy plant with a spread and height of between 30 and 90cm and like the rosemary it needs to be grown in full sun in an average soil mixture that is preferably alkaline and well drained. Give water on a regular basis. During several of the summer months it bears attractive pinkish purple flowers.

Coriander known as *Coentro* in Portuguese is a fully hardy annual that bears white flowers for several of the summer months. It needs a fertile, well drained soil mixture in partial shade and to be given water on a regular basis. The seeds and the leaves are used for flavouring, therefore you can pick the latter throughout the summer months.

Madge and John Measures

details on how to receive three issues of the subscription-only magazine for £3/£4.50, telephone 00 44 (0)1992 822800 or visit www.which.co.uk/gwttrial.

Hannah Stephenson

From plot to plate

Hot chilli peppers

If you have a warm situation

and a taste for hot and spicy food then try your hand at growing



Top tips

Earthing up potatoes

Anyone who has ever grown potatoes will know of the importance of earthing up - the act of pulling the earth up around the root of the plant to exclude light from the tubers. It helps retain moisture and stops the potatoes underground from going green, which makes them toxic and inedible. Earthing up also encourages underground shoots and hence more tubers and a better crop and protects young shoots from frost.



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a lifestyle and it particularly influences first-time buyers. People like to be able to see that there's enough room for a large flat screen TV.

Kitchen appeal

Kitchens are still key in selling properties, and as a rough guide if you spend 5% on a new kitchen it can add up to 15% on the potential selling price. A stunning kitchen always sells a home because nowadays it's the most used room in the house. Open plan kitchen/dining rooms facing the garden are the top choice. In decoration, colour's

back in a big way with glossy coloured units contrasted with plain walls or vice versa. A dated kitchen definitely reduces the market value of your home.

Splash out

Giving a dreary, dated bathroom a 'wash and brush up' is a must. If you're investing in a complete makeover, pure

white sanitaryware is recommended, but if the budget won't stretch to that, cleverly maximise space by adding mirrors and storage so toiletries don't clutter shelves. Ensure tiling around showers and sinks is good quality, and always have a glass shower screen, never a curtain. *Gabrielle Fagan*

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6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer. (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (T) 11.30 Car Booty. (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 1.40 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (R) (T) 3.20 BBC News; Weather; Regional News. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Arthur. (R) (T) 4.05 What's New Scooby-Doo? (R) (T) 4.30 SeriousAndes. (T) 5.00 SeriousAndes. (T) 5.25 Newsround. (T)

5.35 Neighbours. Paul fears for his life as Dylan begins a sinister game of cat and mouse in the bush. Ned begs Elle to abandon her devious plans and Lolly expresses her feelings to Ringo. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Celebrity MasterChef. Sports presenter Chris Hollins, The City Gardener host Matt James and actress Pauline Quirk take to the kitchen in the cookery contest where they hope to gain a place in Friday's quarter-final. The would-be chefs are challenged to whip up dishes for judges John Torode and Gregg Wallace, and paying customers at London's Villyandy restaurant. (T)

7.30 Super Vets. A horse is tested for cancer after a lump is found on its face, and a spaniel recovers from two skin graft operations. (R) (T)

8.00 EastEnders. Carly and Chelsea briefly make their peace until Sean starts to stir up trouble, while Darren looks for a way to stay in Walford. Dot has a plan for baby George. (T)

8.30 Panorama. Shelley Jofre questions whether a series of potentially dangerous faults with British Nimrod spy-planes led to the deaths of 14 RAF personnel in Afghanistan, September 2006. (T) 9.00 New Tricks. A notorious criminal suspected of murdering a police informant returns to the county, prompting Pullman to reopen the case. While Halford feels responsible for not preventing the victim's death at the time, Standing finds his past indiscretions coming back to haunt him. However, evidence emerges that the crook's henchman may be concealing dark secrets from his boss, Patrick Malahide and Christopher Fairbank guest. (R) (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Not Going Out. Lee has to leave the flat when he gets a job as a caretaker, prompting Kate to look for new housemates and Tim to try to revive his relationship with his ex-girlfriend. Last in series. (R) (T)

11.05 Inside Sport. Weekly round-up, presented by Gabby Logan, featuring interviews, features and reaction to all the latest headlines. Last in series. (T)

11.45 FILM: Maybe Baby (2000). Comedy, starring Hugh Laurie. (T) Springwatch Weatherview.

1.30 Sign Zone: Superstorm. (R) (T) 2.30 Sign Zone: It's Not Easy Being Green. (R) (T) 3.00 Sign Zone: Demolition. (R) (T) 3.30 Sign Zone: Missing. (R) (T) 4.15 BBC News 24. (T)

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal
1000 Praça da Alegria
1300 News 1410 Los Ricos Tambien Lloran
1505 Portugal no Coração
1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 1955 Direito de Antena 2000 News 2100 Notas Soltas 2130 Um Contra Todos 0115 Bonnie and Clyde, film

RTP2
0730 Zig Zag, cartoons 1330 The OC 1545 Fire Within 1645 A Minha Família e Outros Animais 1800 Pica 1830 A Fé dos Homens 1945 Zig Zag 2115 Pica 2045 Sim Amor 2115 A Alma e a gente 2145 A Hora da Sorte 2200 News 2230 Perito de Casa 2300 Mundos

SIC
0645 Sic Kids 0230 Fliribella 1000 Fátima 1300 News 1415 O Profeta 1515 Contacto 1715 Fliribela 1915 Pé Na Jaca 2000 News 2115 Páginas da Vida 2315 Jura 0015 Conspiracy, film 0300 Bang Bang 0345 Olhar de Serpente

TVI
0700 Diário da Manha 1000 Você na TV 1300 News 1400 Tu e Eu 1515 Doce Fugitiva 1630 Quer Ganhá 1745 Morangos com Açúcar 2000 News 2215 Tempoz de Viver 0015 Another Meltdown, film

BBC3
7.00 The Scam Squad 7.30 Freaky Eaters 8.30 The Real Hustle 9.00 Little Britain 9.30 Tittybangbang 10.00 EastEnders 10.30 Rob Brydon's Annually Retentive 11.00 Two Pints of Lager and a Packet of Crisps 11.30 Two Pints of Lager and a Packet of Crisps 12.00 Biffovision 12.30 Tittybangbang 1.00 Rob Brydon's Annually Retentive 1.30 Two Pints of Lager and a Packet of Crisps 2.00 Two Pints of Lager and a Packet of Crisps 2.30 The Scam Squad 3.00 Road Rage Revenge 4.00 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Journeys into the Ring of Fire 8.30 The Sky at Night 9.00 The State Within 10.00 Storyville: How Vietnam was Lost 11.20 Montana Cowboys 12.20 Indian School 12.50 Journeys into the Ring of Fire 1.50 Storyville: How Vietnam was Lost 3.10 The Sky at Night 3.40 Indian School 4.10 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.40 Judge Judy 7.00 The Planet's Funniest Animals 7.30 Grease Is the Word: Live 9.00 Film: Shaun of the Dead 15 (2004) 11.00 Coronation Street 11.30 Coronation Street 12.00 Film: Life 15 (1999) 2.10 Glitterball: ITV Play 4.00 Teleshopping



BBC2

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Firmly Singtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Krypto the Superdog. (R) (T) 7.45 The Story of Tracy Beaker. (R) (T) 8.00 Springwatch Trackers. (T) 8.30 CBeebies: Take a Bow. (T) 8.35 The Koala Brothers. (R) (T) 8.45 Come Outside. (R) (T) CBeebies Birthdays. (T) 9.00 Boogie Beebies. (R) (T) 9.15 Toddlers. (R) (T) 9.30 CBeebies Springwatch. (T) 10.00 Teletubbies. (R) (T) 10.30 Schools: BBC Primary History. (T) 10.50 BBC Primary History. (T) 11.10 Wipe Out. (T) 11.40 BBC Primary Geography. (T) 11.50 BBC Primary Geography. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Something Special. (T) 1.15 Something Special. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Living in the Sun. (R) (T) 3.15 Escape to the Country. (T) 4.00 Fog It! Test of the Best. (T) 4.45 Egghheads. (R) (T) 5.15 Weakest Link. (T) 6.00 The People's Quiz - Wildcard. (T) 6.30 Let Me Entertain You. (T) 7.00 York Minister. Plans get under way for a fund-raising celebrity concert. (R) (T) 7.30 Johnny Kingdom - A Year on Exmoor. The amateur cameraman tries to film badgers from his hide, but there's no sign of any cubs and the food he's put down is eaten by squirrels, pheasants and rats. (R) (T) 8.00 Springwatch. Observing wildlife in Devon and the Hebrides. (T) 9.00 Peter and Dan Show: 20th Century Battlefields. New series. Major conflicts of the last century. (T) 10.00 Have I Got Old News for You. With guest host Trevor McDonald. (R) (T) 10.30 Newsnight. (T) 11.20 The Apprentice: Beyond the Boardroom. (R) (T) 12.20 Springwatch Nightshift. (T) 2.00 BBC Learning Zone. (T) 4.00 Education. (R) (T)

Pick of the Day

Fifth Gear (five, 8pm)

If you can't wait until the autumn for a dose of motoring magazine Top Gear, and you don't have access to digital channels, then why not give five's engaging series a whirl? This week, there's more than a whiff of burnt rubber about the place as Tom Ford puts the BMW's M5 through its paces. There's no faffing about slinging it round a test track, or pottering through some leafy lanes. Ford must wring every ounce of power from the machine if he's to deliver essential equipment to the America's Cup sailing team in Valencia. The small matter of covering 1,500 miles in a 200mph estate car wouldn't faze many drivers - but to do it in 24 hours is a tall order. Meanwhile, his fellow presenters are equally busy. Jason Plato goes all wobbly as he test-drives arguably the most beautiful car in the world - the Aston Martin V8 Vantage roadster. Will those drop-dead gorgeous looks hide a multitude of sins? Vicki Butler-Henderson gets her kicks finding out how much damage the front end of your average motor will take - when dropped on its nose from 100 feet in the air. Plus, why does Jonny Smith come over all Bond, James Bond, when he gets behind the wheel of a Ford Mondeo?

C4

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Big Brother's Little Brother. (R) (T) 8.00 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Story of the Novel; (R) (T) Freshly Squeezed Shorts. (R) (T) 10.25 Tate Modern. (R) (T) 10.30 How Music Works with Howard Goodall; I've Got This Friend. (R) (T) 11.25 3 Minute Wonder. (R) (T) 11.30 My Crazy Media Life; (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 The Ritz: Checking into History. (T) 12.50 BBC Primary Geography. (T) 12.00 The Daily Politics. (T) 12.30 Working Lunch. (T) 1.00 Schools: Something Special. (T) 1.15 Something Special. (T) 1.30 Animal Park: Wild in Africa. (R) (T) 2.15 Living in the Sun. (R) (T) 3.15 Escape to the Country. (T) 4.00 Fog It! Test of the Best. (T) 4.45 Egghheads. (R) (T) 5.15 Weakest Link. (T) 6.00 The People's Quiz - Wildcard. (T) 6.30 Let Me Entertain You. (T) 7.00 York Minister. Plans get under way for a fund-raising celebrity concert. (R) (T) 7.30 Johnny Kingdom - A Year on Exmoor. The amateur cameraman tries to film badgers from his hide, but there's no sign of any cubs and the food he's put down is eaten by squirrels, pheasants and rats. (R) (T) 8.00 Springwatch. Observing wildlife in Devon and the Hebrides. (T) 9.00 Peter and Dan Show: 20th Century Battlefields. New series. Major conflicts of the last century. (T) 10.00 Have I Got Old News for You. With guest host Trevor McDonald. (R) (T) 10.30 Newsnight. (T) 11.20 The Apprentice: Beyond the Boardroom. (R) (T) 12.20 Springwatch Nightshift. (T) 2.00 BBC Learning Zone. (T) 4.00 Education. (R) (T)

FIVE

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 Roary the Racing Car. (R) (T) 7.30 Robot Bear. (R) (T) 7.40 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowertots. (T) 8.20 Peppa Pig. (R) (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Sandy and Mr Flapper. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 FILM: The Dream Team (1989). Sentimental comedy. Michael Keaton stars. (T) 3.35 five news update. (T) 3.40 FILM: Perry Mason: The Case of the Murdered Madam (1987). Courtroom thriller, starring Raymond Burr. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Payday. (T) 7.00 five news. (T) 7.15 Mean Machines of War. Influential military machines; (R) (T) 7.15 five news update. 8.00 Fifth Gear. Tom Ford is given 24 hours to drive to Spain; (T) 8.00 five news at 9. 9.00 Paul Merton in China. The comedian watches a Chinese opera. (T) 10.00 Prison Break. Michael walks into a trap after returning to Panama City to track down the murderous T-Bag. Sara receives unexpected help as her trial begins. (T) 11.00 FILM: The Terminator (1984). Violent sci-fi thriller, starring Arnold Schwarzenegger. (T) 1.00 NHL Ice Hockey. 3.45 NASCAR. 4.35 US PGA Golf. 5.10 Ironman Triathlon. The 2007 Australian Ironman Triathlon.

5.30 ITV Morning News. (T) 6.00 GMTV. (T) 9.25 The Jeremy Kyle Show. (T) 10.30 This Morning. (T) 12.30 Loose Women. (T) 1.30 ITV Lunchtime News. (T) 2.00 Inspector Morse. (R) (T) 3.00 For the Rest of Your Life. (T) 3.59 London Weather. (T) 4.00 Foyle's War. (R) (T)

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Carl ends his relationship with Chas after deciding he wants more children - but she refuses to be beaten and tells Katie she's hopeful of a reconciliation. Val tries to catch Billy's eye by wearing skimpy nightclothes, while Alan visits a solicitor in a bid to find a solution to Pearl's housing problem. (T)

7.30 Coronation Street. Paul begs Carla to take him back but she's unwilling to forgive, so he asks Leanne if she'll speak to his wife on his behalf. However, it soon becomes clear he has a more desperate plan in mind when he grabs the escort girl and bundles her into the boot of his car. Denise doubts Ken is fully committed to Daniel, and Liz is put in an awkward position when Linda voices her suspicions that her husband is having an affair. (T)

8.00 The Great Sperm Challenge: Tonight. (T)

8.30 Coronation Street. With Leanne trapped in the boot, Paul drives like a madman to meet Liam and spill the beans about his girlfriend moonlighting as an escort girl - but his erratic driving ends in a horrendous car smash. Back on the Street, Sarah is seething with David for telling Gail about her plans to move into the family home. (T)

9.00 Terror In the Skies: A Tonight Special. (T)

10.00 Traffic Warden - Confessions. Revelations from the people employed to do one of Britain's most unpopular jobs - the public servants responsible for issuing parking tickets to motorists. Verbal abuse and physical attacks are among the daily risks they face - but as this programme shows, they're not above using the tricks of the trade to fight back. Featuring a contribution from journalist and car expert Quentin Willson. (T)

10.30 TV News; Weather. (T)

11.00 FILM: Lethal Weapon (1987). Violent cop thriller, starring Mel Gibson. (T)

1.00 Glitterball; (T) ITV News Headlines. 4.05 Everything Must Go! (R) (T) 5.00 ITV Nightscreen.

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MOVIES

Sky Movies Drama

Young Connecticut Yankee in King Arthur's Court PG (1994)

Sky Movies Action

6.50 Frozen Impact PG (2002) 8.30 Painkiller Jane 12 (2005) 9.55 The Escapist 15 (2001) 11.35 Sahara 12 (2005) With Matthew McConaughey. 1.40 Frozen Impact PG (2002) With Delta Burke. 4.40 Here Comes the Son PG (1996) With William H Macy. 8.00 Lean on Me 18 (1988) With Morgan Freeman. 10.00 Brokeback Mountain 15 (2005) With Heath Ledger. 12.20 The Thing Called Love 15 (1993) With River Phoenix. 2.25 Losing Isaiah 15 (1995) With Jessica Lange. 4.15 In the Beginning

Sky Movies Comedy

6.30 'Til There Was You PG (1997) 8.30 A Young Connecticut Yankee in King Arthur's Court PG (1994) 10.15 Tommy Boy 12 (1995) 12.00 Nine Months 12 (1995) With Hugh Grant. 2.00 Just Friends 12 (2005) With Ryan Reynolds. 3.50 A Young Connecticut Yankee in King Arthur's Court PG (1994) With Philippe Ross. 5.35 Pirates of the Caribbean 3 - Making Of 5.55 'Til There Was You PG (1997) With Jeanne Tripplehorn. 8.00 Just Friends 12 (2005) With Ryan Reynolds. 9.40 Nine Months 12 (1995) With Hugh Grant. 11.25 Tommy Boy 12 (1995) With Chris Farley. 1.10 Twin Town 18 (1997) With Rhys Ifans. 2.55 Gridlock'd 18 (1997) With Tupac Shakur. 4.30 A

SPORT

Sky Sports 1

6.00 America's Cup Sailing 7.00 WWE: Bottom Line 8.00 America's Cup Sailing 9.00 Cricket 11.00 Masters Football 2.00 Motor Racing 4.30 Masters Football 7.30 Live Speedway. The British Final. 10.00 Golf Special 11.30 Speedway 2.00 Golf Special 3.30 Close

British Eurosport

7.15 Game, Set and Match 7.30 World Rally Championship 8.00 International Football 9.00 Inside Euro 2008 10.00 French Open Tennis 11.00 Live French Open Tennis 12.00 The fourth round at Roland Garros. 7.30 French Open Today 7.45 Inside Euro 2008 8.00 International Football 9.00 MotoGP 10.30 French Open Tennis 12.00 Inside Euro 2008 12.15 Game, Set and Match 12.30 Close

Sky Sports 2

6.00 Aerobics Oz Style 6.30 Ocean 7.00 Aerobics Oz Style 7.30 Ocean 8.00 Golf Night 10.00 America's Cup Sailing 11.00 Moto Plus 11.30 Racing News 12.00 Golf Night 2.00 America's Cup Sailing 3.00 Sailing 4.00 Gridlock'd 5.50 Impact PG (2002) 5.50 Action & Thriller Close Up

Sky Sports 3

8.30 Motor Racing 11.00 WWE: Heat 12.00 WWE: Afterburn 1.00 Heat 13.00 WWE: Experience 2.00 WWE: Heat 3.00 WWE: Bottom Line

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supplement

Shape up for summer

Get set for summer. Our handy supplement will tell you all you need to know to firm, toned and healthy for this summer. So pull out and keep this!

The weather is currently playing hot and cold, ensuring that we are in skirts one day and jeans the next. But we are in June, it's time to start taking our bodies out of hibernation and prepare them for the summer sun.

The season's trend of mini skirts and shorts means there'll be a lot of flesh on show, and you don't want to gain any unnecessary attention.

Whether you're looking to sunbathe in your garden on the next Bank Holiday or have a vacation in the sun planned, our handy guide will tell you all you need to know.

GOODBYE...

:: Cellulite

"Cellulite production is not about weight - it's about lifestyle. Poor diet, stress, drinking, smoking and lack of exercise all progressively encourage the advance of cellulite," explains

Noella Gabriel from spa and skincare brand Elemis.

Getting a silhouette to die for means exercise, cutting back on fast food and giving up booze and cigarettes. Cellulite creams like Elemis Body Sculpting System containing Lipo-Refining Serum and Firming Cream, and Nivea Goodbye Cellulite Gel-Cream, have been scientifi-

cally proven to help.

Biotherm Celluli Peel Night Patches, (www.biotherm.co.uk), Sisley Celluli-Pro Slimming Complex and Aromatherapy Associates Revive Cellulite Gel are pricier versions.

:: Excess Hairs

No one wants to look like a female version of King Kong in mini-skirts and hotpants, so make sure you get rid of unsightly hair.

Beauty therapist Arezoo Kaviani, who has recently looked after Gwyneth Paltrow and Reese Witherspoon, says that laser is best for the under-arms and bikini line.

"It's amazingly quick - even quicker than waxing - and the results last for 10 to 12 weeks," she says. "But it has to be done four to six weeks before you expose your skin to the sun, because the skin is sensitive."

For legs, she recommends waxing or shaving, while electrolysis is best for facial hair. If you are unhappy with the hair on your arms, she suggests bleaching it.

Soothe away raw pain with Miss Wax Away Strips, which contain lavender to prevent irritation for first-time users, and wipe out ingrowing hairs with Skin Doctors Ingrow Go Easy Wipes, (www.skin-doctors.co.uk).

Gillette Venus Riviera disposable razors provide a close shave, while the avocado oil and aloe vera enriched Lubrastrips prepare the skin.

:: Flab

You don't want all your loose bits flapping when you're running around, so make sure you tone up before you get ready to expose them to the world.

Wrap yourself in head-to-toe luxury with Chanel Firming And Rejuvenating Cream, and Creme De La Mer Body Creme. Both are rich anti-ageing creams, and Chanel's version has been proven to improve skin smoothness after just a month's daily use.

Narciso Rodriguez For Her Defining Lotion, and Biotherm Body Resculpt Lift can be used on arms, stomach, thighs or bottom, while BeneFit Firmology is a toning serum for the face and neck. Nothing can replace an hour of exercise executed to perfection every morning, but if this is not your reality, Mama Mio ER Tummy Toner, (www.mamamio.co.uk), and Better Bottom, from The Natural Source (www.beauty-republic.com), will do their best to lift, tighten and tone.

Lose inches from problem areas - thighs, bum and stomach - with Body Boutique Wrap Factor

kit, (www.bodyboutique.info).

The 60-minute mess-free treat-

ment uses a sea-clay formula to

draw out toxins and inches

aren't regained as soon you

drink water.

:: Rough Skin

With the thought of sunny days ahead comes a need for beautifying - protecting skin,

exfoliating the body and keeping it hydrated.

Leave skin glowing with Crabtree & Evelyn Island Living Body Polish, (www.crabtree-evelyn.co.uk), Seboni Rejuvenating Body Polish, (www.seboni.com), or Floris Natural Benefits Invigorating Body Polish, (www.florislondon.com).

Afterwards, Dermalogica's

Body Hydrating Cream,

(www.dermalogica.co.uk), and

Origins Shedenism Deeply Hy-

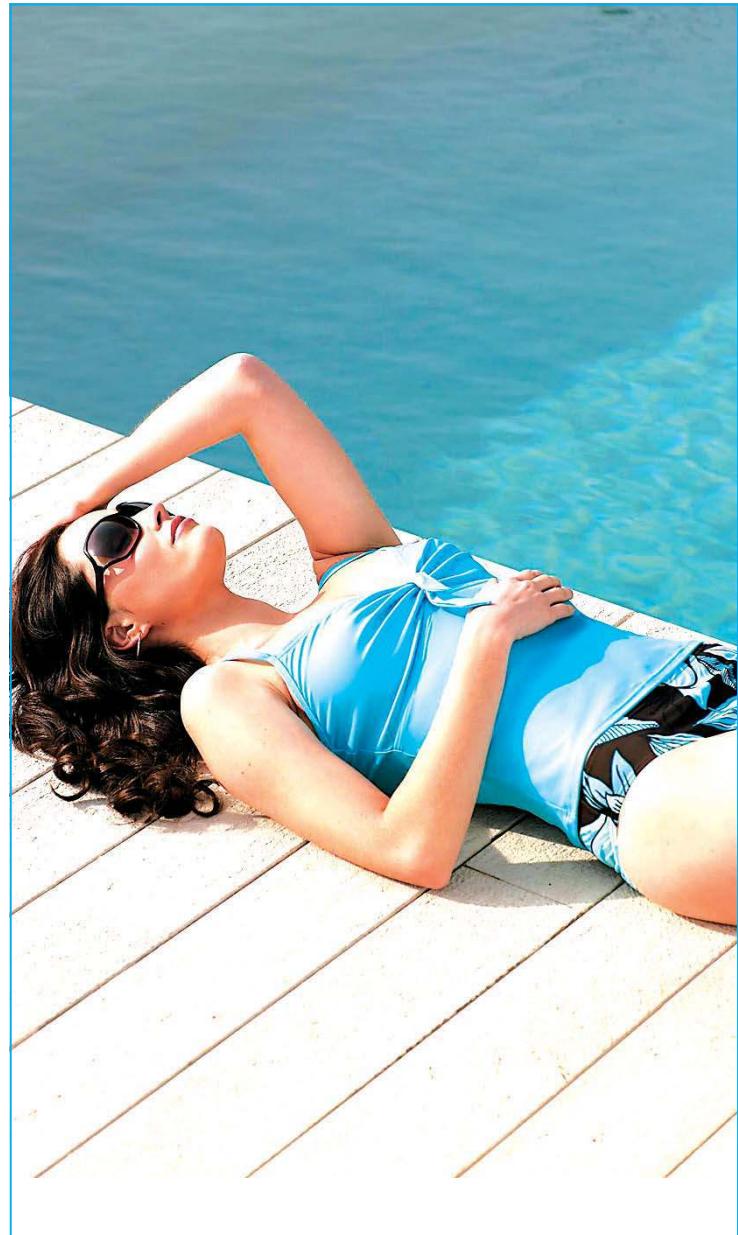
drating Butter Cream will en-

sure you have silky smooth skin.

If stretch marks get you down, Decleor Perfect Sculpt Stretch Mark Restructuring Gel-Cream and RoC Maternity Anti-Stretch Marks Serum will zap them away.

Avon ANEW Clinical Laser For Legs SPF15, (www.avon.uk.com), helps visibly reduce the appearance of leg spider veins and broken capillaries, so you can show off your legs in confidence.

Sheena Low



Kicking the habit



Nicotine is as addictive as heroin or cocaine

Soon there'll be no hiding place for smokers with a smoking ban in force from July 1 in the England, Ireland, Wales and Scotland have already banned smoking, and Portugal is hoped to follow in this new trend. We find out the best ways of quitting a habit that's getting harder and harder to enjoy.

So for smokers in England from July they are banned from having a drag in pubs, cafes, clubs and restaurants and a host of other places that will become smoke-

free zones.

The ban already exists in Scotland and Wales and making it UK wide is predicted, by the Department of Health, to provoke up to 600,000 people to attempt quitting for good.

Millions more would like to join them - at least 70% of the UK's 12 million smokers would like to kick the habit - but are daunted by the difficulty of kicking the weed.

Smokers need support to succeed according to Jennifer

Percival, head of the Royal College of Nursing Tobacco Education project and author of You Can Stop Smoking, a self-help guide to overcoming the habit.

She says: "Smoking is extremely difficult to give up and people shouldn't feel bad about themselves or failures if they struggle with it."

"Nicotine is as addictive as heroin or cocaine, and so the cycle of addiction can be difficult to break. Most people try five or six times to quit before they suc-

ceed."

Percival points out that those using nicotine replacement therapy products - such as patches, gum, or inhalators which mimic cigarettes - and getting support, are four times more likely to quit than those simply going cold turkey.

She says: "Nicotine replacement therapy is no magic cure but combined with willpower and support maybe from a group or even a sympathetic friend it can significantly help you overcome your desire to smoke."

Percival also counters the two major reasons people give for smoking - that it aids concentration and helps reduce stress.

"The reality is that smokers experience higher levels of stress than non-smokers. After stopping, the level of stress in ex-smokers drops noticeably."

"And although many people believe smoking helps them clear their thoughts and concentrate, research shows that nicotine does not enhance a smoker's performance level above that of a non-smoker's."

Follow these tips and advice from the experts to help you quit.

Reasons To Quit

According to the British Heart Foundation, one in five people will die from smoking and annually there are 114,000 deaths of smokers in the UK.

Over the past 50 years smoking has killed 6.3 million Britons - the equivalent of the population of London.

Most risks from smoking come with the first few cigarettes of the day. Just one cigarette triples the risk of lung cancer, while a five-a-day habit increases a woman's risk of dying of lung

cancer fivefold.

It's worth quitting. Within 10 to 15 years of giving up smoking, an ex-smoker's risk of developing lung cancer is only slightly greater than that of a non-smoker, according to statistics from ASH.

WHAT TYPE OF SMOKER AM I?

Light smokers have fewer than 10 cigarettes a day, or only smoke in certain situations - while socialising or when stressed.

Heavy Smokers light up more than 15 to 20 times a day and see smoking as an integral part of life.

What Can I Do?

Check out the condition of your lungs, it could boost your desire to stop!

See your GP for more information.

What Can Help?

Nicotine patches as a once-a-day solution are most suitable for smokers who have a regular pattern of smoking.

They release a steady dose of nicotine into the bloodstream via the skin. They come in three strengths to allow users to reduce the dose when they're ready. "In general, people who smoke 10 cigarettes or more a day should start with the highest dose patch," Percival says.

Nicotine nasal spray is the strongest form of NRT available. It's especially suitable for heavy and highly addicted smokers as it is absorbed faster than any other NRT", Percival explains.

It's recommended for those who smoke more than 20 cigarettes a day or light up within 30 minutes of waking.

Nicotine gum "lets you control your nicotine dose yourself", Percival says. It comes in two strengths, the 2mg gum for those who smoke 20 cigarettes or fewer a day, and 4mg for those who smoke more than 20 a day.

A new therapy, IQS (I Quit Smoking) from America, has just

launched in the UK, and involves having electrical stimulation applied to the earlobe. It's claimed this releases endorphins that help reduce nicotine cravings.

It's aimed at those who smoke over 15 cigarettes a day, and have smoked for over eight years. It costs £399 and includes four treatment sessions, and six months helpline/follow up support at five London clinics, with another opening shortly in Birmingham. IQS also offers a money back guarantee if the treatment fails to work over six months. For more information call 0800 107 5877 or visit www.iqs.uk.com

Nicotine microtab is a small white tablet that dissolves allowing the mouth to absorb the nicotine. It should be taken for 12 weeks.

Nicotine inhalators are plastic devices shaped like a cigarette with a nicotine cartridge fitted into it. It's held like a cigarette so it's suitable for people who miss the habit of holding and handling a cigarette," Percival says.

It's around £6 for a starter pack.

Avoid Temptation

Keep busy, go for a walk or start a new project.

Change your routine, and avoid shops where you usually bought cigarettes.

Research shows that you are four times more likely to quit if you let people around you know and gain their support.

When your desire for a cigarette is intense, clean your teeth or wash your hands to reinforce how pleasant it is not to smell of smoke.

If you miss having something in your mouth, try a toothpick, carrot and celery sticks.

Never allow yourself to think that 'one won't hurt' - it will. It's the slippery slope.

You Can Stop Smoking, by Jennifer Percival, is published by Virgin Books.

Gabrielle Fagan

Terra da Harmonia

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Excitement at Terra da Harmonia

Tucked away off a busy street in Praia da Luz, the initial reaction first time visitors have entering Terra da Harmonia is that the store is much larger than it appears from the outside.

With more than 20 years experience in the Natural Health industry in Canada, Meri Hanlin is used to operating 'Grocery Store' sized natural food markets.

Meri admits to having the mind frame of running a big store and admits to having to rein herself in at times. "There are so many wonderful things out there and I want to offer all of them to my customers. I've recently expanded the store to make room for all the new products. I've opened up the former store room to make more retail space. I have a definite emphasis on the supplements, body care and organic food but don't be fooled! There's a lot of fun to be found here. I believe that everyone can find something for a body, soul and mind but a good bit of hu-

mour passes through here as well! I now carry Burns Natural dog and cat food for your pets health too."

People with food intolerance are well catered for, with the gluten free section growing weekly. There are soy, rice and oat milks for the lactose intolerant. The newest fun item in this section is a soy based squirty cream. The kids love it!

Meri has been working with some legal Organic growers and will have an Organic market stall in her courtyard in late spring. "From field to consumer within hours of picking. I'm very excited about it. I am now stocking Organic yogurts, butter, eggs, tofu and a great selection of Organic wines. See - that is where the fun comes into it!"

Terra da Harmonia also carries one of the largest selection of 'Yankee Candle' products. Being a big fan of 'Yankee' back

in Canada, Meri was determined to share the joy of these products when she opened the store. "I have been a 'Yankee' addict for years. I have more than 40 varieties of scented tarts and love to show first-timers how wonderful they are. They really are inexpensive and addictively delightful. People always comment on how to describe Terra da Harmonia effectively. There simply is nothing like it anywhere - it really is a truly unique shopping experience!"

"I've been helping people for more than 20 years and it's a wonderful thing. It's truly what I love to do. If I don't have the answer directly at hand, I strive to solve the problem. It really is all about the customer service and caring".

Laser Hair & Spider Vein Removal

Unwanted body hair and skin blemishes are a problem for most women - and men too. The latest laser technology will eliminate the problems quickly and safely. However, before you have a treatment done it is important to find out what laser the salon you go to is using.

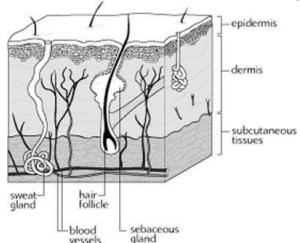
A laser beam has one single wavelength and it only travels in one straight direction, the Nd:Yag laser will suit all skin types. The IPL laser (Intense Pulse Light) is a tube light with a lot of energy, but does not have a laser source. It has a band of wave lengths, the light is not so focused, it can only be used for hair removal but if the wrong parameters are chosen then the skin can burn. At the I-QMed Clinic a Nd:Yag laser is used.

In the case of hair removal the non-invasive laser works by emitting a gentle beam of light that passes through the skin to the hair follicle, where it is absorbed. The laser energy is transformed into heat which disables the follicle, thus ridng the body of unsightly hairs. The laser only works on hair when it is in the active growth phase and, therefore, it is necessary to have several treatments (between 5-10, depending on the colour of the hair and the colour of the skin). Sessions are quick; treating an upper lip may take only a minute, a bikini line can be done in less than 10 minutes.

Laser may seem an expensive option but is cheaper and more effective than other treatments available on the market, if you work out the cost of creams and razors etc. over a lifetime, it is a fact that laser treatment is 100 times cheaper to do for a year than other treatments in a lifetime.

Laser hair removal is good for the male population too! Men often get better results as their hair is coarser.

Unsightly spider veins can also be treated. The laser beam delivers a prescribed dose of energy to the vein and selectively coagulates problem veins, but does not affect sur-



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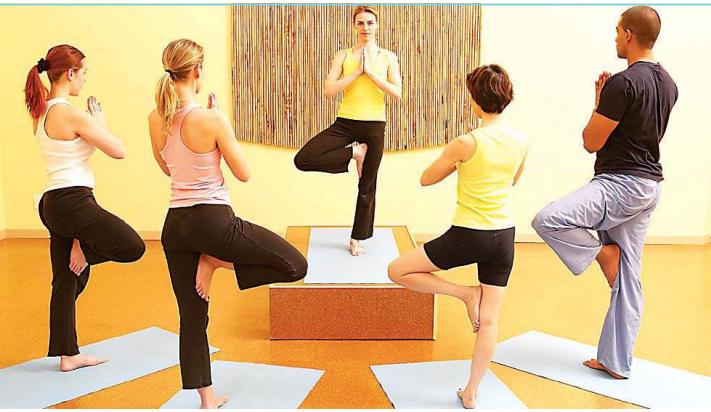
Get fit for the summer

Estrela Health and Beauty provides you with all you need to prepare yourselves for the summer. There is no excuse not to loose those extra pounds which may have crept on over the winter months with our fully equipped Gymnasium, large range of exercise classes and indoor swimming pool. Our highly professional fitness staff will design an exercise program specifically for you to help you achieve your goals and stay motivated. Or try taking up a new class such as Yoga or Pilates, both fantastic to help clear your mind and aid relaxation, whilst providing an effective exercise to help tone up your body.

One to three treatments are recommended.

Other possibilities of the laser are the laser facial and laser acne treatment. In both cases the warmth of the laser penetrates the skin and is absorbed in the dermis, the deepest skin layer. For the facial treatment this will improve circulation, remove enlarged bloodvessels, reduce pore size and stimulate the underlying collagen to reduce minor wrinkles, and a general tightening of your skin. For the acne treatment the laser light can kill the acne bacteria that cause the infection leading to spots, improving the blemish and preventing new breakouts from occurring. The laser light gently heats up the skin around the spots, producing collagen that boosts the healing process causing the spots to disappear. After treatment, less oil is produced and circulation is improved, leading to a reduction in the number of clogged pores, reducing scarring and improving skin tone. This must not be seen as a cure but as a treatment.

Since January 2007 we have had Spinning (group cycling class) on our studio timetable. This has proven extremely popular, with a huge variety of people attending. We have eleven classes on the



Try taking up a new class such as Yoga or Pilates, both fantastic to help clear your mind and aid relaxation, whilst providing an effective exercise to help tone up your body.

(Photo: Press Association)

timetable at varying times to suit all. Please feel free to come along and try a class to see if you like it.

It is highly motivating and one class can help you lose as much as 500 calories!

Our Elemis Beauty treatments offer the ultimate in relaxation. We have three beautifully calming treatment rooms with the natural

fragrances of Elemis to promote calm. This year we have launched the new Elemis Aroma Stone therapy which is based on ancient healing powers.

Hot Basalt Stones are placed on key energy points, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

And to polish off your summer preparations before you bare your body, we are delighted to offer you a free Pedicure when you book an Elemis Exotic Lime and Ginger Salt Glow and an Elemis Sole Delight foot Treatment (see advert on bottom of page). Call 282 771 200 for more information.

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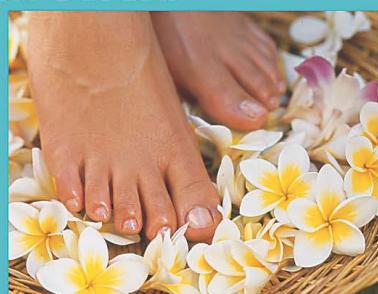
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and receive a pedicure worth €26.50 free!



Relax in the calming surroundings of the Bioenergetic Meditation Centre.

Discover the power of Glucomotion

Do you suffer from niggling aches, pains and stiffness of joints that interfere with leading a full, active life? Are you an avid sports player, but are starting to feel less agile? Glucomotion is a 100 per cent natural supplement that targets weathering joints to give them a second lease of life, whatever age you may be.

Acclaimed Dutch osteopath Bernard Vrijaldenhoven, of the 'Optima Forma' clinic in Almancil, which he established seven years ago, introduced Glucomotion to the Portuguese market.

After much endorsement on Bernard's behalf, Glucomotion, a glucosamine and chondroitin cocktail aimed

at reinforcing and improving structural elements and articulations, is now being introduced to pharmacies and health outlets across the country, where it will be on sale directly to the public.

The product is 100 per cent organic, based on glucosamine, chondroitin, and MSM components. Research has shown that a combination of these three in-

gredients is more effective than each individual component by itself. There are no known side effects, even with long-term use.

This has recently been brought to the attention of the NHS, which gave Glucomotion its seal of approval, recommending it over standard anti-inflammatory medicines that have been proved to cause a number of side effects

Relax at the Aljezur Bioenergetic Meditation Centre

From this weekend there are two great reasons to party at the Aljezur Bioenergetic Meditation Centre and everyone is invited!

In May, the centre celebrated its one year anniversary, and to commemorate, they are opening a new wellness area with wood-heated finnish sauna, infrared sauna cabin with colour-light-therapy as well as a massage whirlpool with 76 jet streams and colour light.

Also, the centre is planning to take care of everyone's 'creature comforts', as Andrea Vonhoff is providing a healthy buffet on her special recipes. In addition, we are offering annual and monthly tickets or tickets of ten, at a special price for the Wellness area.

The highlight of the day is expected to be the introduction of a worldwide novelties from USA, NuSkin Galvanic Spa II – anti-

ageing system. The smallest 'wrinkle iron' in the world. Test the treatments for free. Visible results after only 10 minutes. We are able to offer this treatment on the day for a sensational price. This is a unique occasion, you shouldn't miss it!

Even if you live a distance away, it is worth the journey! Don't forget, the party starts on June 2nd from 2pm. Call 282998 971.

when used over extended periods of time.

Whilst glucosamine works on body tissues, like cartilage, ligaments and tendons, chondroitin increases the number of enzymes in the fluids that surrounds them, together creating a powerful package to regenerate and strengthen joints and muscles.

MSM is a 'biological sulphate', a substance that is active in every living organism. It is a natural anti-inflammatory agent, proven to be superior and more effective than the well-known Ibuprofen. It is also a powerful anti-oxidant, an important substance for maintaining healthy bones, joints, skin, hair and nails.

Glucomotion further comprises other beneficial substances, including vitamins E and C, altogether providing an all-round beneficial supplement, allowing the body more agility and a significant reduction in stiffness.

Given its ability to nourish and renew tissue of ligaments and tendons, the product has further proved advantageous for those performing demanding duration sports.

It is a curative and preventative solution to aches and pains that generally appear later on in life. When used in conjunction with other alternative treatments, such as osteopathy, homeopathy, or physiotherapy, out-

standing results can be achieved both inside and outside the body.

The price for this product is far inferior to any of its competitors on the Portuguese market, being at least €15 less expensive than others of its type, priced at €29.50 per singular box.

For more information, contact: (+351) 918 476 000, or e-mail: happyjoints@oninet.pt.

Bernard Vrijaldenhoven runs morning clinics in the International Health Centres, Albufeira (tel: 289 588 923), or afternoon appointments in Clínica Optima Forma, Almancil (tel: 289 399 841).

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HERO – um oásis de saúde e de bem-estar

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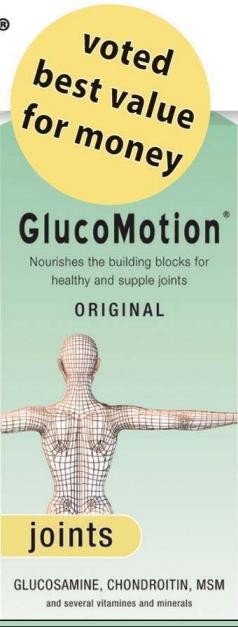
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289 399 841 - 918476000, happyjoints@oninet.pt



An Oasis of calm and tranquillity in the heart of the western Algarve

Within Parque da Floresta Golf & Leisure Resort, you will find Spa Floresta – the Parque's exclusive health and beauty studio which is enviably surrounded by the Costa Vincentina Nature Reserve. Here new techniques and technologies are being used by the team of highly professional therapists to ensure that every visit made to the Spa will be an unforgettable experience.

In the fast pace of today's world with everyone under constant pressure, natural methods to maintain good health and well-being are more popular than ever. For this reason Spa Floresta also has a full range of alternative holistic therapies to choose from such as Florestone therapy, Reiki, Reflexology and Indian Head Massage.

Originating in China more than 2000 years ago, acupuncture is one of the oldest, most commonly used medical procedures in the world. Sessions are now available at Spa Floresta along with the Chinese therapeutic massage, Tuina - a similar treatment to acupuncture yet applying acupressure rather than needles.

It works holistically, treating the mind through the body and has been found to be particularly effective treating areas such as migraines, stress and insomnia.

Susana Santos, Spa Manager highly recommends the Deluxe Aromatherapy Massage which she describes as 'great for relieving tension'. Susana said: "It's an extremely relaxing massage which incorporates elements of Indian head massage, reiki, reflexology and acupuncture. In turn it improves circulation, rejuvenates

ing the body and generally promoting balanced good health."

Other treatments at Spa Floresta include a large selection of specialist facials using products from [comfort zone] and Guinot, sport's massages, manicures, pedicures, specially formulated spa days and St Tropez tanning.

The on-site hair studio run by highly qualified hair stylist - Kerry Albright is extremely popular with guests and residents alike. Kerry has travelled the world with her profession, working on magazines, make-over shows and competitions.

Visitors will also find a relaxation suite with steam room, sauna, spa pool, large outdoor and indoor heated pool and solarium.

The Spa's well-equipped, air-conditioned gymnasium and exercise studio look out over the outdoor heated pebble pool and sun terrace, beyond to the picturesque golf course and is great for getting fit whilst enjoying stunning scenery.

An experienced team of fitness instructors provide comprehensive physical assessments and individually tailored exercise programmes to help clients achieve their goals. For those who prefer the motivation of taking part in a

class, there are a whole host of daily fitness and relaxation classes.

Susana would love to welcome you to Spa Floresta and as an introductory deal has agreed to offer 10 euros discount on the Aromatherapy Massage for all News readers. Simply call 282 690 086 and quote "The Portugal News."



Simply brow-zing

The eyes may be the window to the soul, but the eyebrows are their frame. With our peepers hidden in sunglasses this summer, the part that people will notice first are your brows - and they are essential for that fabulous first impression.

Groomed brows can diminish the dark circles under your eyes, and brighten up the area. With great brows, the need for make-up is less and less - they can transform your whole face.

Eyebrow expert to the stars Anastasia Soare, who has shaped and tweezed brows belonging to Ma-

donna, Avril Lavigne and Jennifer Lopez, believes that it's vital to look after your eyebrows.

"The eyebrows are a major part of being a woman and help keep your feminine beauty. It's very important to groom the eyebrows because it gives you womanly power," she says.

"I've been grooming eyebrows for 18 years and they can transform the way a person looks. If you have well-shaped eyebrows, you won't need to rush around in the morning be-

cause you already look good. Well-groomed eyebrows make you look more sophisticated, intelligent, smart and beautiful - and you could be taken more seriously."

Jennifer Lopez and Liz Hurley are just two stars who have taken this advice to heart. When they both first appeared on the scene, they sported thick caterpillar brows - but as their careers took off, neither would be spotted without their thin, groomed arches. "The look for eyebrows at the moment is softly groomed with a natural arch to widen and highlight the eye area," explains

Amanda Bell, Lancome's make-up artist.

"To work out where an arch would be most flattering for your individual eye shape, hold a pencil to the corner of your nose and angle it up across the iris of the eye. The point at which the pencil meets your brows is perfect for making an arch."

Brows that are over-plucked can look quite severe, and quite ageing, so keep the brow shape as natural as possible. When the arch is in the correct place, this will give an instant lift.

Shereen Low

An oasis of calm and tranquility in the heart of the western Algarve



Deluxe Aromatherapy Massage - Special Offer

Relieves tension, drains lymph fluid and improves circulation, rejuvenating the body and generally promoting balanced good health.

A relaxing therapeutic massage incorporating elements of Indian head massage, reiki, reflexology and acupuncture, with the use of healing, essential oils by [comfort zone].

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Looking beyond the obvious



When we consider health care, the most important thing is the quality of the service and that it is adequate to the individual characteristics of the person in need.

(Photo: Press Association)

The capacity to "see" what many others do not see, to see beyond the obvious, is what really makes the difference between a common and an excellent performance in many fields and indeed in the medical field as well.

Quality is all about details, details and feelings'. In medicine there is basically a lot of science but a large size portion of art to top it up... makes the big difference, although the cherry on the cake is 'care'.

When we consider health care, the most important thing is the quality of the service and that it is adequate to the individual characteristics of the person in need. There are a wide range of services available and the problem is to choose the option that suits you best. What makes it all more complicated is the fact that health is the most precious thing for any human being and life is the name of the game.

Improving patient self-care is much less costly than repeated treatment to address the consequences of failing to motivate and educate patients.

The future is just one step ahead so put prevention into

practice and profit from the latest ways to stay healthy, feel good, look great and get more out of your life. The future is... what you make of your own present.

Luzdoc is a small group with a huge capacity, as a result not only of the technical capacities of the group but, mostly of the human characteristics of our own "in house" team and the enormous network of person-to-person contacts we have, as well as the knowledge of "the way things work" down to the smallest detail, those that really matter when you want "to make things work".

Having "the keys" that open the doors to obtain what we need, and fast, is a very important expertise.

Luzdoc and its staff has become now, more than ever, a comprehensive emergency, outpatient and day care clinic, adding new faces and services to the reliable team you all know. It has invested

condition, which regenerates, harmonizes and rebalances.

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Increase your well-being

Increase your well-being and activate your vital energy with homoeopathist Marina Aust with a widerange of services, such as: Meridian Massage, which is a form of therapy giving remarkable improvement of the body sense, reharmonization and increase of vital energy. This massage revitalizes, balances and rejuvenates.

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in expertise and equipment, making available a full range of tests and specialities. Our new faces add quality and diversity to a tailor-made medical service that needs no introduction. We pledge, as always, that we are here for your entire medical needs. They are our first concern, as we care for the whole of you.

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cal Service provides a complete and comprehensive 24 Hour Health Care Service to all our clients and a certified service in the areas of Occupational Medicine, Hygiene and Safety, aiming to enable you to keep yourself and your business, healthy, effective and legal.

For more information, call 282 780 700.

BUPA International

BUPA International, the largest international expatriate health insurer in the world, is part of the BUPA group, which covers nearly eight million members worldwide. In 2005, BUPA International won its second Queens Award for Enterprise, in the International Trade category.

BUPA International offers a wide range of flexible, high quality global health insurance options for people who are living or working in their home country or living or working overseas for six months or more. Peace of mind is ensured by the 24 hour multi-lingual helpline, open 365 days a year, and a team that has the experience and training to take control of any emergency situation. The benefit of direct settlement of bills, fast claims turnaround and local knowledge on a global scale ensure BUPA International can be relied upon. Do Eves is our local adviser in The Portugal News, Portugal with 30 years experience of working with BUPA International.

Depending on the member's requirements, BUPA Interna-

tional's schemes can offer primary care, maternity cover, home nursing, routine and accidental dentistry, as well as hospital treatment and accommodation, health checks, emergency road ambulance and cover for sports injuries.

The BUPA International Lifeline (for individuals) and Company schemes offer choice and flexibility. There are three levels of individual and company cover to choose from, each one appropriate for different circumstances. Whichever level customers choose, they can be sure that BUPA International will care for them and their families wherever they are.

For further information please contact our local plan adviser Do Eves on 282 471 169 or e-mail dodo@mail.telepac.pt.

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Dipl. Homeopathist
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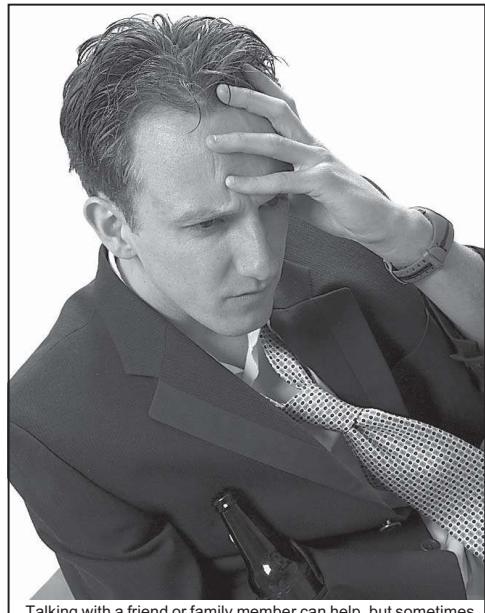
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Counselling and Personal Development in the Algarve

What is it, who is it for & what can it do for us?



Talking with a friend or family member can help, but sometimes issues are too private and complicated to discuss and resolve for ourselves.

Counselling and Personal Development is here for everyone and is an opportunity to talk and work through your personal problems, explore and understand yourself as an individual, discover your true potential and become aware. This is all achieved with someone highly trained (who is not involved in your life) in a safe and confidential environment.

In the past, counselling was not something people talked about with others for fear of being judged. It had a label attached implying that you must be mentally ill or not able to cope before

you need help. Consequently many people battled on when life became difficult, eventually reaching such a low ebb that they needed to visit their doctor. They were then offered medication such as anti-depressants and sedatives for something which is often a natural process and not a illness, such as bereavement after the loss of a loved one. Learning to listen to our minds and bodies and seeing counselling as an opportunity to help ourselves, with or without the use of drugs (which can suppress our emotions and feelings rather than dealing with the

causes of our problems), is something more and more people are doing. Finding the strength and courage to face up to problems instead of working around and avoiding them, may feel like a huge step, but is often half the battle and is certainly nothing to be ashamed or embarrassed about; on the contrary, the decision to seek counselling shows determination and the will to take a pro-active and healthy option to getting better.

Today as counselling becomes more commonplace and acceptable for individuals, couples, families, schools, and also for corporations and businesses, more people are turning to counselling services not just to find the answers to their problems, but also to work on their personal development and growth. Counselling is about working with and educating people to help themselves, explore their strengths and resources, and find their own answers and solutions to their issues. It is often hard work for both client and counsellor, but the results can be very rewarding from this unique and close working partnership.

So why do people come to counselling?

The majority of people at some stage in their life experience one or more of the following symptoms; stress, depression, anxiety, lack of confidence, low self-esteem, bereavement, sleeplessness, anger, loneliness or confusion, whether it is related to relationships, family, work, or life in general, resulting in feeling exhausted, over-

whelmed with repetitive negative feelings/thoughts and unable to function normally. Much of the work will involve discovering and acknowledging the underlying causes of these mental and physical conditions and how to find the most helpful way forward.

Talking with a friend or family member can help, but sometimes issues are too private and complicated to discuss and resolve for ourselves. This is when it can be helpful to seek confidential counselling from someone whose professional training and experience enables them to understand the sort of problem you may be suffering and experiencing. With a counsellor you can explore possibilities for a more positive way forward, work together towards understanding who you are, what life means to you, empowering you to make decisions for yourself and find solutions to your problems, enabling you to lead the life of your choice.

Increasingly, people are wishing to explore their **personal development** and understand who they are as a person and why, learn the reasons for why they behave a certain way, discover their true potential, look at what their needs and wants are in life and achieve the goals they have set for themselves. Some people are feeling stuck or in a rut, not knowing whether to accept life the way it is or take control of their life and do something to change it for the better.

The type of counselling/personal development I offer is tailored to suit each individual's

needs whether it be short or long term therapy, taking a holistic (whole person) approach as I believe the mental and physical states are inseparable. If mentally someone is constantly unhappy, in time this unhappiness may show itself in the body with headaches, stiff neck tense shoulders, disturbed sleep patterns, chest pains, anxiety and/or tummy and bowel problems. Finding a healthy balance both physically and mentally, learning to live in the present rather than worrying about the past or future is the key to a more peaceful and happy life; to mentally check in is all about taking care of ourselves as a person. Many of us frequent gyms and spas to physically get in shape and treat our bodies, (and this benefits our mind to a degree) yet how many of us think to care for our minds and ask ourselves, "Who am I and what am I doing with my life?"

Life is an adventure and a journey often with surprises, joys, challenges, and obstacles coming our way. As Renee Locks said, "We cannot control the wind, but we can adjust our sails." Counselling and Personal Development is about working together to help us to adjust our sails, prepare for and work our way through those stormy weather times.

If you would like to make an appointment with Joanna (Counselling in The Algarve), discuss the possibility of counselling and personal development further, or would like an information leaflet sent to you, contact Joanna on 964728483 or

e-mail counsellinginthealgarve@hotmail.com. Your initial consultation is entirely free, with no obligation to continue. It means you can find out more, and enables Joanna to assess how she can help you. Fees are very reasonable, so that most people can afford the help they need. The number of sessions required varies, but the cost of treatment will be agreed in advance and sessions can be spaced in order to suit your schedule or needs. Joanna Gardner Dip IIP, MBACP, MASIIP

Counselling in The Algarve abides by the Code of Ethics and Practice of the British Association for Counselling and Psychotherapy (BACP) and has no denomination or political affiliations. Joanna Gardner is a fully qualified counsellor and is a recognized member of the BACP and ASIIP (Adlerian Society of the United Kingdom and the Institute for Individual Psychology).



Joanna Gardner Dip IIP, MBACP, MASIIP

Help when life has “gone off track”

Would you like to talk with someone...?

Counselling can help with a wide range of feelings and issues including:

- Stress
- Unable to Cope
- Sexual problems
- Depression
- Marriage & Relationship difficulties
- Feeling overwhelmed
- Anxiety & Panic Attacks
- Low Self Esteem & Confidence
- Loneliness & Isolation
- Loss & Bereavement
- Guilt, Anger or Frustration
- Addictions & Lack of Self Control

...Counselling in The Algarve



Who listens?

Who doesn't judge?

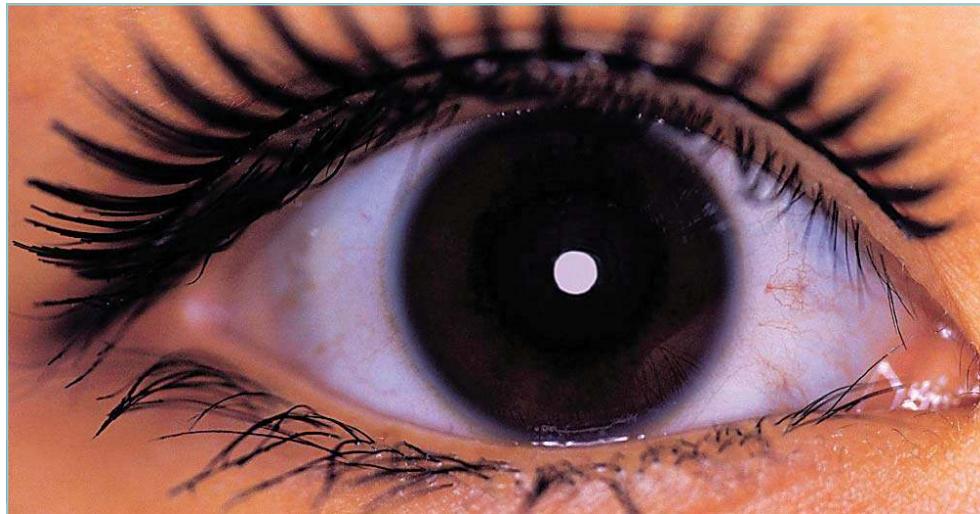
Who is strictly confidential?...

Who is a qualified professional?

If you would like to book your free initial consultation with Joanna Gardner Dip IIP, MBACP, MASIIP (Counselling in the Algarve), discuss the possibility of counselling and personal development further, contact Joanna on 964728483 or e-mail her on: counsellinginthealgarve@hotmail.com. All enquires will be treated confidentially. Fees are very reasonable so people can afford the help they need.

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Tired of reading glasses



To free you from your reading glasses, the latest solution is NearVision CK. (Photo: Press Association)

Sooner or later, all of us develop reading problems, as the lens in the eye loses flexibility to focus on objects nearby.

To free you from your reading glasses, the latest solution is NearVision CK (Conductive Keratoplasty). It is the first non-laser, non-cutting correction technique to treat reading problems and also some farsightedness.

You are likely a good candidate for NearVision CK if you:

- Are over age 40;
- Had great vision all your life;
- Dislike the use of reading glasses to compensate for fading near vision.

NearVision CK uses radiofrequency waves to shrink collagen and reshape the cornea, it is a quick, safe and minimally invasive procedure with

FDA approval. Normally only one eye (the non-dominant eye) is corrected for near vision, while the other eye is left untreated. The treatment is painless, there may be some mild postoperative discomfort. You will not have to wear patches over the eyes and most patients are able to return to work and other normal activities the day after their procedure.

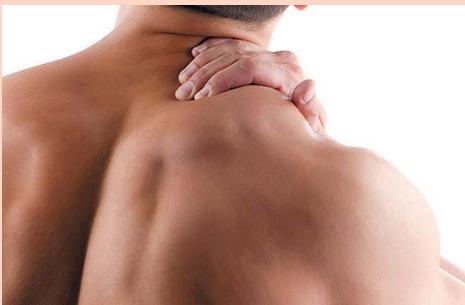
As your eyes continue to change as you age, the effect may reduce over time (regression) and the treatment can be repeated.

For more information about NearVision CK call us or visit the manufacturers website: www.myclarivision.com.

Costs for the initial eye examination are 50 euros, the NearVision CK costs 595 euros per eye.

For more information, call Centro Médico de Oftalmologia/ Clínica I-QMed on 282 353 486 or visit them located at Parque Empresarial do Algarve N° 12, 8400-431, Lagoa. Or visit www.i-qmed.com or e-mail: i-qmed@sapo.pt.

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"Bowen Technique," named after its creator Thomas Bowen from Geelong, Australia.

ideal treatment for everyone from babies to the terminally ill. As we treat the whole person, there are no contra-indications for Bowen, meaning whatever your symptoms, Bowen can probably help.

The client lays on a massage table and the practitioner uses thumbs or fingers to make a series of gentle, precisely located, rolling-type movements over muscles. Sets of moves are followed by short breaks, the client is left resting, allowing their body to respond and adjust to the moves.

No force is administered by the practitioner, thus, it is an



The practitioner uses thumbs or fingers to make a series of gentle, precisely located, rolling-type movements over muscles.

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5.35 Neighbours. Frazer risks his life to save a young girl, while Karl is shocked by Susan's willingness to help Izzy reconcile with boy-friend Pete. Paul is rattled by Dylan's warning and tries desperately to get Eli back onside, while Rachel suppresses her own grief to help a distraught Toadie. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News; Programmes; Weather. (T)

7.00 Celebrity MasterChef. Strictly Come Dancing judge Craig Revel Horwood. CBBC presenter Rani Price and former cricketer Phil Tufnell attempt to prove their skills in the kitchen by cooking for Gregg Wallace, John Torode and a host of paying customers at London restaurant Aurora. The trio will be hoping their efforts will be enough to impress the judges and earn them a place in Friday's quarter-final. (T)

7.30 EastEnders. Carty tries to catch Sean out by letting Chelsea overhear their conversation and Stacey offers to help Bradley as he prepares the house for Max's return. Darren takes drastic action to avoid moving to Streatham and Dot's plans for George's christening hit an obstacle. (T)

8.00 HollyBlue. DI Keenan confides in DCI Hutchinson about his fears that PC Jackson could be the mole working at the station, while Jenny gets a shock when Luke French brings her husband in for questioning following a string of raids on suspected paedophiles. Police drama, starring Cal Macaninch, Tim Pigott-Smith and Kacey Ainsworth. (T)

9.00 Crimewatch. Nick Ross and Fiona Bruce present the latest news on the hunt for a rapist who preyed on an elderly woman and reveal how one member of a small community could hold the key for police investigating a two-year-old murder. Plus, a report on a group of armed robbers who left important DNA evidence at the crime scene. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 Crimewatch Update. An update on viewers' responses to the programme shown earlier. (T)

10.45 FILM: Frequency (2000). Sci-fi thriller, starring Dennis Quaid; (T) Weatherview.

12.45 Sign Zone; See Hear. (R) (T) 1.15 Sign Zone; The Widow's Tale. (R) (T) 2.15 Sign Zone; The Incredible Battle of Trafalgar Square; Power to the People. (R) (T) 3.15 Sign Zone; Missing. (R) (T) 4.00 BBC News 24. (T)

LOCAL

Best of the Rest

RTP1
0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News 1410 Los Ricos Tambien Lloran 1505 Choque Terapy, film 1715 Lingo 1800 Portugal em Directo 2135 News 2315 Beyond the Sea, film 0115 Bullit, film

RTP2
0730 Zig Zag, cartoons 1400 Sociedade Civil 1530 Portugal Um Retrato Ambiental 1600 Entre Nós 1630 Euronews 1700 Mundos Flutuantes 1730 Discovery Hour 1830 A Fé dos Homens 1900 2010 1945 Zig Zag 2045 yes Dear 2115 Discovery Hour 2200 News 2230 Without a Trace 2300 Por Outro Lado

SIC
0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Film TBA 1530 Contacto 1715 Floribela 1900 Sínphá Moça 2000 News 2115 Floribela 2215 Cobras & lagartos 2215 Jura I 0015 Desperate Housewives

TVI
0700 Diário Da Manha 1000 Vocé na TV 1300 News 1400 Film TBA 1600 Film TBA 1800 Morangos com Açucar 2000 News 2115 Morangos com Açucar 2200 Tempo de Viver 2315 Fala-me de Amor 0230 Film TBA

BBC3
7.00 Say No to the Knife 8.00 The Real Hustle 8.30 The Scam Squad 9.00 Filthy Rich and Homeless 10.00 EastEnders 10.30 Sex - with Mum and Dad 11.30 Family Guy 11.50 Family Guy 12.15 Two Pints of Lager and a Packet of Crisps 12.45 Two Pints of Lager and a Packet of Crisps 1.15 Filthy Rich and Homeless 2.10 Sex - with Mum and Dad 3.10 Two Pints of Lager and a Packet of Crisps 3.40 Two Pints of Lager and a Packet of Crisps 4.10 Close

BBC4
7.00 World News Today 7.00 Weather 7.30 Journeys into the Ring of Fire 8.30 Britain In Pictures 9.00 The State Within 10.00 Storyville; RFK 11.50 Storyville; Oswald's Ghost 1.15 Journeys into the Ring of Fire 2.15 Storyville; RFK 4.05 Close

ITV2
1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.40 Judge Judy 7.00 Smallville 8.00 Jack Osbourne - Adrenaline Junkie 9.00 Weddings from Hell 10.00 Film: Life 15 (1999) 12.10 Big Day 12.40 Film: American Pie; The Wedding 15 (2003) 2.25 Glitterball; ITV Play 4.00 Teleshopping 6.00 Close

Sky One
1.00 Jake 2.0 2.00 Law & Order 3.00 Las Vegas

4.00 Stargate SG-1 5.00 Stargate SG-1 6.00 Malcolm in the Middle 6.30 The Simpsons 7.30 The Simpsons 8.00 Brainiac; Science Abuse 9.00 Road Wars 10.00 Badger or Bust 11.00 Bonies 12.00 Nip/Tuck 1.00 Star Trek: Voyager 1.50 Mile High 2.40 The Villa 3.30 Scare Tactics 3.55 Scare Tactics 4.20 Guilty! 5.10 Star Trek: Voyager UKTV Gold

1.00 My Family 1.40 Keeping Up Appearances 2.20 Open All Hours 3.00 New Tricks 4.00 New Tricks 5.00 Dallas 6.00 Charlie's Angels 7.00 My Family 7.40 My Family 8.20 My Family 9.00 Jonathan Creek 10.10 New Tricks 11.30 Absolutely Fabulous 12.10 Absolutely Fabulous 12.50 My Family 1.30 My Family 2.05 My Family 2.35 Room 101 3.05 Room 101 3.35 New Tricks 4.30 Merseybeat 5.25 Close Up 5.35 Neighbours

TCM
1.05 Two Weeks in Another Town PG (1962) 3.00 Summer Stock U (1950) 4.55 An American in Paris U (1951) 7.00 Ivanhoe U (1952) 9.00 Harper PG (1966) 11.15 Welcome to Hard Times PG (1967) 1.05 The Best House in London 15 (1968) 2.45 Teleshopping 3.05 Mogambo PG (1953)

The Disney Channel

Kids' programmes from Tam, except:

(R)-repeat programme;

(T)-programme with teletext subtitles;

(S)-programme broadcast in stereo;

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5.35 Neighbours. Pete discovers the true identity of Izzy's baby's father and insists she come clean, threatening to ruin Karl's secret wedding plans. Elle accepts Ned's offer to escape from Erinsborough, while Rosetta defies Frazer and informs his family about the accident. (R) (T)

6.00 BBC News; Weather. (T)

6.30 Regional News Programmes; Weather. (T)

7.00 Celebrity MasterChef. Gemma Atkinson, Midge Ure and Robbie Earle prepare food in the Babylon Restaurant at Kensington Roof Gardens, hoping their efforts will impress judges Gregg Wallace and John Torode. (T)

7.30 The Green Grass. Boycie faces his worst nightmare when Marlene's glamour puss sister visits from Peckham - but that soon turns out to be the least of his problems. Last in series, guest starring Paula Wilcox. (R) (T)

8.00 Traffic Cops. Humberstone's traffic police take on a group of young car thieves playing a dangerous game of catch-us-if-you-can on the region's roads. Jamie Theakston narrates. (T)

9.00 The Apprentice. The five remaining candidates face gruelling individual interviews with a panel of Alan Sugar's trusted business colleagues, unaware that three of them will be axed this week. (T)

10.00 BBC News at Ten O'Clock. (T)

10.30 Regional News; Weather. (T)

10.35 The National Lottery Draws. Sarah Cawood sets the balls rolling to decide the all-important numbers. (T)

10.40 Match of the Day. Estonia v England. Gary Lineker presents highlights of the Euro 2008 Group E qualifier at the Lilleküla Stadium in Tallinn. Anything other than an England victory would pile further pressure on Steve McClaren's tenure as coach following a disappointing start to the campaign. Three wins from six matches have left England trailing in fourth place in the first-ever meeting between the nations. With analysis from Alan Hansen and Alan Shearer, and commentary by Jonathan Pearce and Mark Bright; (T) National Lottery Update.

11.35 FILM. Road House. (1989). Action thriller, starring Patrick Swayze; (T) Weatherview.

1.30 Sign Zone: Horizon. (R) (T) 2.20 Sign Zone: Neneh and Andi Dish It Up. (R) (T) 2.50 Sign Zone: Sweet Baby James. (R) (T) 3.20 Sign Zone: Missing. (R) (T) 4.05 BBC News 24. (T)



Pick of the Day

Celebrity MasterChef (BBC1, 7pm)

If there's one great thing about seeing famous faces taking part in this show, it's that no matter how well known they are, it doesn't matter a jot when it comes to taking the heat in the kitchen. For Midge Ure, former frontman with Ultravox and co-founder of Band Aid, his previous accomplishments meant zero. So why on earth did he choose to put himself through it? "I love the programme and been watching it for years. I kept turning down all the other dodgy celebrity programmes and went back to them and said 'look, if it was something I was interested in like cooking, which I've always done, then, maybe.' They came straight back and said 'right.' Celebrity MasterChef, do you want to do it?" I said yes." The Scottish-born singer may relish slaving over a hot stove at home, but here, alongside fellow contestants, Hollywood actress Gemma Atkinson and ex-soccer star Robbie Earle, finds the going a bit tougher than expected. In just 40 minutes, the trio must rustle up two courses from a selection of ingredients, including red mullet, chorizo, coconut milk and eggs. Their creations are then tasted by eminent judges Gregg Wallace and John Torode, before the contestants face their next challenge: cooking lunch at Kensington eatery Babylon.

BBC2

C4

FIVE

6.00 CBeebies: Fimbles. (R) (T) 6.20 The Story Makers; (R) (T) Fimbly Songtime. (R) (T) 6.35 Balamory. (R) (T) 7.00 CBBC: Arthur. (R) (T) 7.15 ChuckleVision; (R) (T) Newsround. (T) 7.30 Krypto the Superdog. (R) (T) 7.45 The Story of Tracy Beaker. (R) (T) 8.00 Springwatch Trackers. (T) 8.30 CBeebies: Take a Bow. (T) 8.35 The Koala Brothers. (R) (T) 8.45 Come Outside; (R) (T) CBeebies Birthdays. (T) 9.00 Boogies Beebies. (R) (T) 9.15 Toddworld. (R) (T) 9.30 CBeebies Springwatch. (T) 10.00 Teletubbies. (R) (T) 10.30 Britain's Best Buildings. (R) (T) 11.30 The Daily Politics. (T) 1.00 Garden Invaders. (R) (T) 1.30 Working Lunch. (T) 2.00 The Flying Gardener. (T) 2.15 Living in the Sun. (T) 3.15 Escape to the Country. (T) 4.45 Eggheads. (R) (T) 5.15 Weakest Link. (T) 6.00 The People's Quiz - Wildcard. (T) 6.30 Let Me Entertain You. (T) 7.00 Jonathan Meades: Abroad Again. The architecture of Stow in Buckinghamshire. Last in series. (T) 7.50 Coast. Submerged forests on the Welsh coast. (T) 8.00 Springwatch. The latest update from the farm. (T) 9.00 Natural World. Plans to conserve wildlife in Gabon. (T) 9.50 Volcanic Park. Wildlife in Yellowstone Park. (R) (T) 10.00 The Apprentice: You're Fired! With Kirsty Wark. Nick Hewer and Michelle Dewbury. (T) 10.30 Newsnight. (T) 11.20 Wedding Stories. (T) 12.15 Springwatch Nightshift. (T) 2.00 BBC Learning Zone; (T) Cool Keys. (T)

6.00 The Treacle People. (R) (T) 6.10 The Hoobs. (R) (T) 6.35 The Hoobs. (R) (T) 7.00 Just Shoot Me. (R) (T) 7.30 Big Brother. (R) (T) 9.00 Frasier. (R) (T) 9.30 The Story of the Novel; (R) (T) Freshly Squeezed Shorts. (R) (T) 10.25 Tate Modern. (R) (T) 10.30 How Music Works with Howard Goodall; (R) (T) I've Got This Friend. (R) (T) 11.25 3 Minute Wonder. (R) (T) 11.30 My Crazy Media Life; (T) 3 Minute Wonder. (R) (T) 12.00 News at Noon. (T) 12.30 Designers Under Pressure. (R) (T) 12.45 A Place in the Sun. (R) (T) 1.45 David Copperfield. (R) (T) 3.30 Countdown. (T) 4.15 Deal or No Deal. (T) 5.00 The New Paul O'Grady Show. (T) 6.00 The Simpsons. (R) (T) 6.30 Hollyoaks. (T) 7.00 Channel 4 News. (T) 7.55 3 Minute Wonder. Farewell, Darcey Bussell. The choreographers with whom the dancer worked. (T) 8.00 Property Ladder. Sarah Beeny comes to the aid of aspiring property developers in London who are having a hard time balancing their eco philosophies with the harsh reality of business. (R) (T) 9.00 Diana: The Witnesses in the Tunnel. The paparazzi's role in Diana, Princess of Wales' death. (T) 10.00 Big Brother. The past 24 hours in the house. (T) 11.05 Will & Grace. (T) 11.35 Sugar Rush. (R) (T) 12.05 Isle of Wight Festival: Classic Moments. (T) 12.10 Shariah TV. (T) 1.10 The Friday Night Project. (R) (T) 2.10 Big Brother Live. 3.20 God's Waiting Room. (R) (T) 4.20 FILM: The Divorce of Lady X (1938). Comedy, starring Laurence Olivier. (T)

6.00 Milkshake!: The Save-Ums! (R) (T) 6.10 Fifi and the Flowertots. (R) (T) 6.25 Franny's Feet. (R) (T) 6.35 Bird Bath. (R) (T) 6.45 Hi-5. (R) (T) 7.20 Roary the Racing Car. (R) (T) 7.30 Rupert Bear. (R) (T) 7.40 Make Way for Noddy. (R) (T) 8.00 Say It with Noddy. (R) (T) 8.05 Fifi and the Flowertots. (T) 8.20 Peppa Pig. (T) 8.25 Thomas & Friends. (R) (T) 8.40 Miss Spider's Sunny Patch Friends. (R) (T) 8.50 Sandy and Mr Flap. (R) (T) 9.00 The Wright Stuff. (T) 10.30 Trisha Goddard. (T) 11.30 five news. (T) 12.00 Home and Away. (R) (T) 12.30 House. (R) (T) 1.30 Russell Grant's Postcards. (R) (T) 1.40 FILM: Columbus, Star in Malibu (1990). Crime drama, starring Peter Falk; (T) 5 five news update. (T) 3.40 FILM: The Bookfair Murders (2000). Murder mystery, starring Samantha Bond. (T) 5.30 five news; Weather. (T) 6.00 Home and Away. (T) 6.30 Payday. (T) 7.00 five news. (T) 7.15 Game Ranger Diaries. The reserve's elephant population; (R) (T) 7.15 five news update. 8.00 Families at War. A mother and son on the verge of disowning each other; (T) 8.00 five news at 9. 9.00 FILM: The General's Daughter (1999). An Army investigator probes the murder of a general's daughter - and uncovers more than he bargained for. Solid military thriller, starring John Travolta and Madeleine Stowe; (T) 9.00 five news update. 11.20 101 Most Embarrassing Moments in Entertainment. (T) 12.25 Poker Den. 1.00 NHL Ice Hockey. 3.45 Race and Rally UK. (R) (T) 4.10 Motorsport Mundial. 4.35 NHRA Drag Racing.

6.00 London Tonight; Weather. (T) 6.30 ITV Evening News; Weather. (T) 7.00 Emmerdale. Val enjoys a date at the cinema with Billy and invites him home for a nightcap, while Marlon and Donna's plan to buy Tall Trees suffers a setback. Rosemary vows revenge on Carrie. (T) 7.30 Coronation Street. As Paul's life hangs in the balance, Carla and Liam keep a tearful vigil at his bedside, while Michelle rushes to the hospital - only to arrive too late. Later, Liam receives a visit from Leanne to explain her role in the previous day's events. Is it the end of the road for the lovers? Denise agrees that Ken can stay longer - much to Daniel's dismay - and David continues to skip his exams. (T)

8.00 The Bill. A gang member is shot and his dying words in the ambulance are the name of corrupt ex-policeman Ray Moore. Heaton struggles to find evidence linking the victim with his arch enemy, but Lewis's contacts reveal the red scorpion tag sprayed on all of Moore's properties was the dead man's handwork. Phil's first day back in plain clothes gets off to a bad start. (T)

9.00 Challenge Anneka. One-off special in which Anneka Rice attempts to recruit high-profile musical performers to record a CD in aid of children's hospices throughout the UK, and then put on a gala concert to raise awareness of the cause. It's a huge task, with a wishlist of artists including McFly, Lesley Garrett, Duncan James, Michael Bolton, Curtis Stigers, Jermaine Jackson and Cerys Matthews - and that's before she even tracks down a producer, musicians, backing singers and artwork designers willing to give their time and skills for free. But as patron of Chase Hospice Care for Children, it's a cause close to Anneka's heart - so no doubt she'll be pulling out all the stops. (T)

10.30 ITV News; Weather. (T) 11.00 Nights from Hell. Victims of bizarre, often terrifying sleep disorders, including a 28-year-old from York prone to sitting up in bed at night and screaming persistently at an unseen presence. (R) (T)

12.00 Glitterball; (T) ITV News Headlines. 4.05 The Jeremy Kyle Show. (R) (T) 5.00 ITV Newscreen.

LOCAL

Best of the Rest

RTP1

0630 Bom Dia Portugal 1000 Praça da Alegria 1300 News

1410 Los Ricos Tambien

Lloran 1505 Portugal No

Coração 1715 Lingo 1800

Portugal um Directo 1940

Football: Liverpool V AC Milan

2130 News 2340 Excalibur film

RTP2

0700 Magazine 0720 Mostra

0730 Zig Zag, cartoons 1400

Sociedade Civil 1530

Portugal um Retrato

Ambiental 1600 entre Nós

1630 EuroNews 1700 Pepe

Vampiro 1730 Discovery Hour

1830 Fez dos Homens

1900 Biosfera 1945 Zig Zag

2045 Yes Dear 2115

Discovery Hour 2200 News

2230 Ossos 2315 Behind the

Scene 2300 Clube de

Imprensa 00300 The Guardian

0145 Peixe Vampiro 0215

Biosfera 0300 Da Terra ad

Mar 0345 Consigo 0415

Sociedade Civil

SIC

0645 Sic Kids 0830 Floribela

1000 Fátima 1300 News 1400

O Profeta 1445 Laços de

Família 1530 Contacto 1715

Floribela 1900 Sínha Moca

0215 Bang Bang 0315

Ganância

TVI

0700 Diário Da Manha 1000

Vóce na TV 1300 News 1400

Inspector Max 1500 Anjo

Selvagem 1530 Ugly Betty

1800 Mornagos com Açucar

2000 News 2115 Morangos

com Açucar 2200 Tempo de

Viver 0015 Fight Club, film

ITV1

0700 Diário Da Manha 1000

Vóce na TV 1300 News 1400

Inspector Max 1500 Anjo

Selvagem 1530 Ugly Betty

1800 Mornagos com Açucar

2000 News 2115 Morangos

com Açucar 2200 Tempo de

Viver 0015 Fight Club, film

ITV2

1.30 The Jeremy Kyle

Show 2.35 The Jeremy

Kyle Show 3.40 Ricki

Jailhouse Rock PG (1957)

Lake 4.25 Sally Jessy

Raphael 5.15 Airline USA

7.45 Judge Judy 7.00

Damned 12 (1960) 9.00

Smallville 8.00 Good

Cool Hand Luke 15 (1967)

Girls Gone Bad 8.30

11.20 Skyjacked PG (1972)

Breaking Up with 1.10

Children of the

Shannen Doherty 9.00

Damned 15 (1964) 2.40

Teleshopping 3.00 The

Yellow Rolls-Royce PG

(1964)

The Disney Channel

Good Girls Gone Bad

Kids' programmes from

12.55 Breaking Up with 7am, except:

ITV2

1.20 The Honeymoon

Machine PG (1961) 3.00

Kyle Show 3.40 Ricki

Jailhouse Rock PG (1957)

4.45 Home from the Hill PG

(1960) 7.35 Village of the

Damned 12 (1960) 9.00

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Damned 12 (1960) 9.00

Smallville 8.00 Good

BBC1

6.00 Breakfast. (T) 9.15 Heir Hunters. (T) 10.00 Homes Under the Hammer; (R) (T) BBC News; Weather. (T) 11.00 To Buy or Not to Buy. (R) (T) Car Booty; (R) (T) BBC News; Weather. (T) 12.15 Bargain Hunt. (T) 1.00 BBC News; Weather. (T) 1.30 Regional News; Weather. (T) 140 Neighbours. (T) 2.05 Doctors. (T) 2.35 Murder, She Wrote. (T) 3.20 BBC News; Weather. Regional News. (T) 3.25 CBBC: ChuckleVision. (R) (T) 3.40 Arthur. (R) (T) 4.05 What's New Scooby-Doo? (R) (T) 4.30 Raven. (T) 5.00 Totally Doctor Who. (T) 5.25 Newsround. (T)

5.35 Neighbours. The residents gather for Stingray's funeral and Kim persuades Dylan to leave Erinsborough before his destructive behaviour worsens. Glenn reconsiders her relationship with Boyd. (R) (T)

6.00 BBC News; Weather. (T) 6.30 Regional News Programmes; Weather. (T) 7.00 Celebrity MasterChef. John Torode and Gregg Wallace present today's quarter-final in which the winning four celebrity chefs from this week's heats battle it out for two places in the semi-final. (T)

7.30 Springwatch. Bill Oddie, Kate Humble and Simon King look back at the highs, lows and unusual events of the week. They also present news on the creatures featured on the programme, along with a look ahead to the weekend. Plus, an insight into what people can do to help wildlife on their doorstep. (T)

8.00 EastEnders. As Jim waits with the social worker Dot takes to the Tube to put off the inevitable. Deano lets Bradley know about his night with Stacey and Sean releases Carly from the car lot. (T)

8.30 My Family. Susan's mood swings lead Michael to believe she is going through the menopause and his suspicions are only confirmed when she is arrested for stealing a pair of sunglasses. Last in series. (T)

9.00 Ronni Ancona & Co. The comedienne showcases comedy sketches including Ladies to Ladettes, the Clivoyant Cleaner and a Hollywood remake of Punch and Judy featuring Renee Zellweger and Al Pacino. Last in series. (T)

9.30 Little Britain. Emily Howard is joined by a new friend who proves equally unconvincing when it comes to cross-dressing, while Sebastian continues to lust after Anthony Head's hapless Prime Minister. Featuring guest appearances by Vanessa Feltz, Geraldine James and Ruth Madoc, who crops up as the mother of long-suffering gay Welshman Dafydd. Narrated by Tom Baker. (R) (T)

10.00 BBC News at Ten O'Clock. (T) 10.30 Regional News; Weather. (T)

10.35 Friday Night with Jonathan Ross. The host presents a showcase of celebrity chat, musical performances and topical commentary. (T)

11.35 FILM: Beverly Hills Cop II (1987). Comedy adventure sequel, starring Eddie Murphy. (T)

11.55 FILM: Satan's Slave (1976). Horror thriller, starring Michael Gough; (T) Weatherview. 2.40 BBC News 24. (T)

Close.

LOCAL

Best of the Rest

RTP1

0630 Bom dia Portugal 1000 Praça da Alegria 1300 News 1410 Los Ricos Tambien Lloran 1530 Marco Paulo - 40 Anos de Amor Eterno 1715 Lingo 1800 Portugal em Directo 1915 O Preço Certo 1955 Direito de Antena 2000 News 2330 Gost Ship, film 0130 Adeus Princesa, film

RT2

0700 EuroNews 0715 Zig Zag 1400 Sociedade Civil 1530 O Lugar da História 1600 Entre Nós 1630 Euronews 1700 Lendas Vivas de Além Mar 1730 Discovery Hour 1830 A Fé dos Homens 1900 Haja Saude 1945 Zig Zag 2045 Yes Dear 2115 Discovery Hour 2200 News 0015 Film TBA

SIC

0645 Sic Kids 0830 Floribela 1000 Fátima 1300 News 1400 O Profeta 1445 Laços de Família 1530 Contacto 1715 Floribela 1900 Sínha Moça 2000 News 2145 Floribela 2215 Cobras & Lagartos 2315 Jura 0015 Behind Enemy Lines, film

TVI

0700 Diário Da Manha 1000 Vocês na TV 1300 News 14000 Inspector max 1500 Anjo Selvagem 1600 Quem Quer Ganhar 1800 Morangos com Açúcar 2000 News 2115 Euro Milhões 2130 Morangos com Açúcar 2215 Tempo de Viver 2330 Falam-de Amot 0130 Film TBA 1.00 Emmerdale 1.30 The Jeremy Kyle Show 2.35 The Jeremy Kyle Show 3.40 Ricki Lake 4.25 Sally Jessy Raphael 5.15 Airline USA 5.45 Judge Judy 7.00 8.30 Film: Mission: Impossible PG (1996) 10.30 Chapter 11.30 Coronation Street 12.00 Entourage 12.35 Entourage 1.05 Generation Xcess 2.05 4.00 Make Your Play: ITV Play 6.00 Teleshopping Close Sky One 1.00 Jake 2.0 2.00 Cold Case 3.00 Las Vegas 4.00

The Disney Channel Kids' programmes from 7am, except:

IMMEDIACY! What could it do for your business?

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Call these ads time bombs - you can plan them to go off on a particular day of the week. That's powerful advertising, which is what you expect from The Portugal News.

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Events on these pages are published in good faith and in accordance with information given to us. We regret that we cannot accept responsibility for events which are cancelled, delayed or fail to live up to their billing. Send your events to copy@the-news.net

CONCERTS

A night with 'Oo-Boop-I-Do'

On June 22nd at the Lagoa auditorium the fantastic 10-piece 1920's Hot Dance Band 'Oo-Boop-I-Do' will be playing a full evening of their catchy, lively, and highly infectious music, the best of the 1920's and 1930's.

Nearly a century later the music is still so 'hot' that it is still heard today.

Recently formed here in the Algarve, 'Oo-Boop-I-Do' is already renowned for its superb entertainment and has been featured on BBC TV and Radio.

Comprising trumpets, trombone, saxophone, clarinet, piano, banjo and tuba,

plus stylish vocals, the brilliantly entertaining live band will be playing the best of the era, nostalgic renditions of the Charleston, the Black Bottom, and other '20's favourites that promise to have you out of your seats and jiving away.

The evening of June 22nd promises to be an unforgettable one and is certainly not to be missed.

For more information or to reserve your seat at the Lagoa Auditorium, contact Standing Ovation Algarve on: (+351) 914 599 933, 968 337 711, or e-mail: info@standingovationalgarve.com.

**Exciting Developments at the Historic Faro Jewish Cemetery**

On Sunday 3rd of June, the Historic Faro Jewish Cemetery will host an on-site Ceremony to open the new Isaac Bitton Synagogue Museum which has been constructed inside the cemetery walls. This cemetery is the only remaining vestige of the first Jewish presence in Portugal, after the inquisition!

The Museum houses the beautiful restored Pulpit, Ark and Eternal Light from the 1820 synagogue that stood at Rua Castilho n°4 in downtown Faro. The synagogue was demolished in the 1960's. A chupah (Jewish wedding) is depicted in the Museum with dressed mannequins and traditional wedding music. The opening of the Musem will be by Michael Bitton, late Isaac's son.

Amongst other items, two important monuments will also be unveiled. The first is a mounted replica of a 1315 Jewish tombstone of Josef de Tomar, which was found in Faro in the early 1900's. The second, a gift from the Faro council to Samuel Gacon who did the 1st ever printing in Portugal in Faro in 1487 – the Pentateuch in Hebrew. An original copy is safeguarded in the British Library with a facsimile copy at our Museum. The Municipal President, Dr José Apolinária will unveil this important Monument.

Due to the abovementioned, and other developments during the 15 years since its Restoration, the site will be renamed as – The Faro Jewish Heritage Site.

Rebecca Davis

English artist Rebecca Davis is holding an exhibition of her work at Lugar do Vinho in Oporto from June 1st. She has mainly concentrated on still life arrangements, but there are also four landscape and garden pictures. Rebecca had formal training in painting and printmaking at Hereford College of Art, Brad-

ford College of Art and Scarborough University, all in the UK. She has also had private tuition with artist Cecily Sash who is a well known South African painter and teacher. She moved to Portugal in 2003, where her work became inspired by the colours and traditional images of this country. Her next exhibition will be in August 2007 at a major gallery in London.



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Festival Oeiras Alive

From June 8th until June 10th, Oeiras will play host to one of the biggest festivals to be held in the area, featuring world-wide renowned bands and national artists alike. The programme is as follows: Rock inspired day on June 8th featuring rock band Pearl Jam, Linkin Park, Portuguese band Blasted Mechanism, The Used, The Sounds and Unkle Bob. Rock alternative night on June 9th featuring the incredible Smashing Pumpkins, renowned The White Stripes, Plastica, Portuguese band The Vicious Five, DaPunkSportif and Dezperados. Hip Hop night on June 10th with old school Beastie Boys, Portuguese band, Da Weasel Portuguese rapper Sam The Kid, jewish rapper Matisyahu,



Buraka Som Sistema and Bionik Brown. Event at Oeiras Passeio

Marítimo de Algés from 6pm. Tickets: €45 to €90.



fried skate wing with lemon and herb 'beurre noisette', Pork fillet on sauerkraut with apple and cinnamon sauce, the vegetarian Goats cheese in crushed nut batter with couscous and honey-yogurt dressing, amongst many others. Tickets cost €12 per person. For more information or for reservations, contact Standing Ovation Algarve on: (+351) 914 599 933, 968 337 711, or e-mail: info@standingovationalgarve.com.

**'Swing Thing' evenings at the beautiful Bon Bon**

Make the most of the mellow, balmy summer nights with cool tranquil evenings of classy jazz and fantastic food, courtesy of the Algarve's leading piano and vocal Jazzduo, The Swing Thing,

who can be seen live every Friday evening at the famously elegant Bon Bon restaurant in Sésmarias, Carvoeiro. Featuring multi-instrumentalist Duncan Kinnell on keyboards, and unique vocalist

Russ Anthony, Swing Thing evenings tie together gastronomic excellence with cool, easy-listening classics, the perfect way to wind down after a busy week.

Treat yourself by indulging all five senses, or treat a special someone to an exquisitely romantic evening. With Russ's soothing, velvety vocals and the highly talented Duncan Kinnell's experience on keys, together they play personal, honey-coated renditions of a wide cross-selection of classic favourites, from the Beatles to Burt Bacharach, Jobim to Djavan, and beyond.

On the menu are unusual delicacies like Salmon terrine in seaweed with deep fried rice balls and soy dressing, Tuna tartar with sweet potato crisps and vanilla dressing or Sautéed chicken livers in puff pastry with apple compote and cinnamon jus as starters, with main meals comprising Herb crusted rack of lamb with roast garlic sauce, Lightly

CEREMONY

contact Ralf Pinto Mobile 968440414.

WALKS

Let's walk the Arade Estuar

A very easy two hour circular walk will be held on Wednesday June 6th that takes you down to the estuary (home to a great variety of birds), passing the mud flats where the local fishermen gather clams and salinas which are used to collect salt. This walk is one that all can enjoy so please just come along but remember we do leave promptly. There is a small charge for the walk of 4 euros p.p.

09.30 start - meet at the O Aquario cafe / tabacaria in Mexilhoeiro Grande. Leave the A22 at the MG / Odixarex exit and at the second roundabout take the left exit towards Portimão. Follow the road for about 1km when you will see a sign to the left to Mexilhoeiro turn here and the cafe is a 100m on the right.

Walk leader: Peter Lammin

282 769 306 or 934 992 908

EXHIBITIONS

**QM SUMMER FAIR**

Saturday 2nd June
11am to 4pm



Entry €2 including entry to the Mini Golf Competition
AT QM GARDEN CENTRE, STA BARBARA TO ESTOI ROAD
SIXTY STALLS - BAR - FOOD - LIVE DJ - KAROKE COMPETITION
Crazy Golf Competition

Lots of prizes - Charity raffle - Please support your local garden centre!!

For more details ring Cristyl on 289 999613

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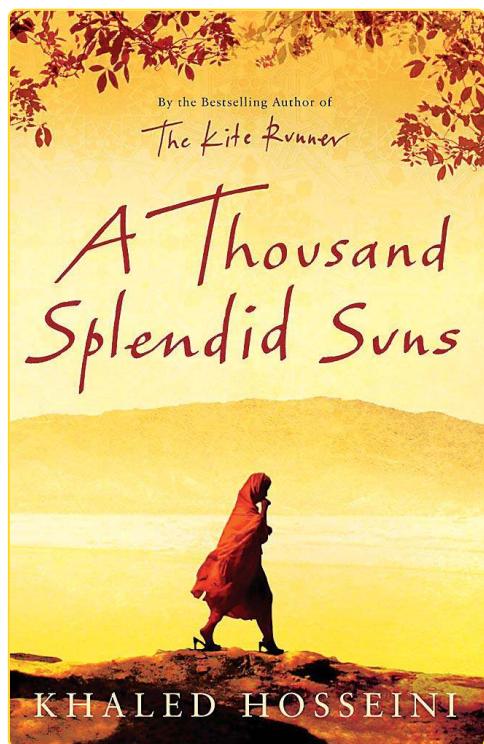
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Dreamgirls

Starring: Beyoncé Knowles, Jennifer Hudson, Anika Noni Rose, Jamie Foxx, Eddie Murphy, Keith Robinson, Sharon Leal, Hinton Battle, Danny Glover.

In '60s Detroit, girl group The Dreamettes - Effie (Hudson), Deena (Knowles) and Lorell (Rose) - are groomed by car salesman-turned-manager Curtis (Foxx) as back-up singers for showman James "Thunder" Early (Murphy).

The trio is promoted to headline act and rechristened The Dreams. Tensions flare when Deena replaces Effie as lead vocalist. Effie takes the news badly - "Deena's gonna sing lead because you like the way she looks?" - and eventually quits the group, to be replaced by Michelle (Leal).

While The Dreams go from strength to strength, powered by Deena's celebrity and songs 'stolen' from other acts, Effie struggles to survive, eventually turning to old manager Marty

Madison (Glover) and talented songwriter Clarence Conrad 'C.C.' White (Robinson) for her shot at fame.

Fuelled by eye-popping production design and electrifying performances from the cast (particularly Hudson's show-stopping musical number And I Am Telling You I'm Not Going), Dreamgirls is a classic rags to riches fairy-tale adapted almost note-for-note from the Broadway stage musical.

Director Bill Condon brings considerable razzle dazzle to

his big screen version. However, for all of its sparkle and snappy editing, the film doesn't quite hit all of the emotional high notes.

Hudson deservedly won the Oscar for her impassioned portrayal of a survivor. She has all of the best songs and makes Knowles seem bland in comparison. Murphy's comeback role as an entertainer blighted by drug abuse is equally showy but the film doesn't afford him enough screen time. To echo the sentiments of the sassy divas in

COMING SOON

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BOX OFFICE

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MUSIC FESTIVALS

JUNE
Super Bock Super Rock - Parque do Tejo in Lisbon on June 28th. Performers: Metallica+ Joe Satriani+ Mastodon+ Stone Sour+ The Blood Brothers+ More Than a Thousand & Men Eater. Tickets: €40 - day pass. €78 - four day pass with free camping. Doors open at 5pm.

Mediterranean Festival - At Loulé historical centre in the Algarve, June 29th. Tinariwen. Further info TBA. **Vans Club Tour** - Strike Anywhere, Devil in Me, Tara Perdida, Humble, SK6, Triplet, Fita Cola at Vilamoura Casino on June 29th and Almada Incrível Club on June 30th from 6pm.

JULY
Cool Jazz Fest - July 2nd until 22nd at Oeiras Cascais and Mafrá. Performances: **Gotan Project** on July 2nd at the Marqués de Pombal garden. Tickets: €30. **Mariza & Friends** on July 8th at Jardim do Cercado in Mafrá with Rui Veloso, Carlos do Carmos and Tito Paris. Tickets: €20 to €40. **Buena Vista Social Club** on July 10th at Jardim do Carco in Mafrá. Tickets: €20 to €35. **Nouvelle Vague** on July 15 at Casa da Pesca in Oeiras. Tickets: €25. **Norah Jones** on July 22nd at Jardins do Casino Estoril in Cascais. Tickets: €30 to €60.

Super Bock Super Rock - Parque do Tejo in Lisbon from 5pm.

Performers: July 3rd - Bloc Party+ Arcade Fire+ Klaxons+ The Magic Numbers+ The Gift & Bunyan+ R琉ky+ The Jesus and Mary Chain+ Maximo Park+ LCD Soundsystem+ Clap Your Hands and Say Yeah+ The Rapture+ Mundo Cão+ Linda Martini & Maximo Park. July 5th - Scissor Sisters+ Interpol+ Underworld+ X-Wife, TV on the Radio, The Gossip, Micro Audio, Waves & Anselmo Ralph. Tickets: €40 - day pass. €78 - four day pass with free camping. Doors open at 5pm.

Nokia Live - July 12th The Chemical Brothers + !!! + Tiga + Junior Boys in Lisbon. Further info TBA. **Vilar de Mouros** - July 20th until 22nd in Vilar de Mouros. July 21st: The Gift. July 22nd: Brian Wilson, Marky Ramone, The Queers. Further info TBA.

Delta Tejo - Alto da Ajuda in Lisbon. July 20th: Os Mutantes + Daniela Mercury + André Sardet + Papas na Língua + Bebel Gilberto + Los Abajos. July 21st: Carlinhos Brown + João Gil + Luís Represas + João Pedro Pais + Mafalda Vieira + Lila Downs + Olodum + DJ Marcelinho da Lua. July 22nd: Orishas + Sizzla + Macaco + Marcos Sacramentos + Bei Gua + Mercado Negro. Tickets: €25 to 40.

Music of the World - July 20th until 22nd in Porto Covo. July 20th: Etran Finatwa + Darko Rundek + Galandum Galundaina. July 21st: Don Byron. July 22nd: Haydamaky. Further info TBA.

Music of the World - July 25th until 28th in Sines. July 25th: Oki Dub Aïnú Band + Kasab All Starts + Sétima Legião. July 26th: Tártir + Carlos Bica Trio Azul + Sly + Robbie + Bitty McLean. July 27th: Señor Coconut + Richard Taha. July 28th: Gogol Bordello + Salif Keita + K'Naan.

AUGUST

Sudeste Festival - August 2nd until 5th at Herdade da Casa Branca in Zambujeira do Mar everyday from 5pm. Tickets: €70 with parking & camping included. Performances: Aug 2nd - Editors + Damian Marley + I'm From Barcelona + Gilberto Gil + Mayra Andrade + Cassius + Rui Vargas + Camera Obscura + Noisettes + Ojos de Brujo. Aug 3rd - Cypress Hill + Steel Pulse + Bonde do Rolé + Just Jack + Sondre Lerche. Aug 4th: Koop+ The Australian Pink Floyd Show + Nature of Human Art + Air Traffic + Patrick Wolf. Further info TBA. Dates still to be confirmed: Mika+ The Streets. Tickets: €40 to €70.

Intercéltico de Sendim - Two day festival in Sendim. Performances: Aug 3rd - Solas, Tradre, Trasga. Aug 4th - Four Men and a Dog, Kepa Junkera, Dazkaned. Further info TBA. **Festival Paredes de Coura** - August 12th until 15th Praia Fluvial do Tabarão in Paredes de Coura. Tickets: €40 to €70. Performances: Aug 14th - New York Dolls+Gogol Bordello+Architecture in Helsinki. Aug 15th - Sonic Youth+

Cansei de Ser Sexy + Sunshine Underground. Tickets: €40 to €70.

Super Bock Surf Fest - August 14th and 15th in Sagres Praia do Tonel. Aug 14th - TBA. Aug 15th - Gentleman, Lily Allen+ Dub Incorporation+ Mad Caddies+ Culcha Candela. Further info TBA.

September

Festa do Avante! - September 7th until 9th at Quinta da Atalaia in Amora.

Caos Emergente Open-Air Fest - September 7th until 9th at Paredes (Recarei) Margens do Rio Sousa.

Sep 7th - Mata-Ratos+ Maglignant

Tumour, Web, Altas de Giallo, Distrofia.

June

Beastie Boys instrumental - June 11th at Aula Magna in Lisbon. Tickets: €30 to €50.

Thin Lizzy - June 14th at Lisbon Coliseu. Further info TBA:

Expensive Soul - June 15th at Vila de Rei from 11pm.

Ney Matogrosso - June 16th at Lisbon Coliseu from 10pm. Tickets: €20 to €60.

II Diva - June 20th at Pavilhão Atlântico in Lisbon from 9pm. Tickets: €25 to €80.

My Chemical Romance - June 24th at Lisbon Coliseu. Tickets: €25.

Rolling Stones - June 25th at Lisbon Estadio Alvalade XXI. Tickets: €69 to €142.

Type O Negative - June 27th at Lisbon Coliseu from 9pm. Tickets: €25.

Ricky Martin - June 30th at Pavilhão Atlântico from 9pm. Tickets: €30 to €42.

JULY

Arctic Monkeys - July 18th at Coliseu in Lisbon from 9pm. Tickets: €27.

BOOK REVIEW

A Thousand Splendid Suns

By Khaled Hosseini, is published in hardback by Bloomsbury Publishing. When Khaled Hosseini's heart-rending debut novel, *The Kite Runner*, was published in 2003 it was met with glowing reviews across the world, and so it's with great relief that his long-awaited follow-up, *A Thousand Splendid Suns*, looks set to do exactly the same.

Centering on the lives and loves of two remarkably strong women who form a bond as unbreakable as it is unlikely, this book can hardly fail to move even the most embittered of hearts, particularly given the sheer depth of character Hosseini paints in both Mariam and Laila.

Set in the achingly beautiful but war-torn landscapes of Afghanistan, Mariam is just 15 when her rich father Jahil banishes her to Kabul and into a marriage with bitter Rasheed, three decades her senior.

Following numerous painful miscarriages, Rasheed quickly loses patience with his naive young wife, and Mariam is soon resigned to an existence as little more than his personal slave, forced to wear a burqua and suffer his violent beatings without com-

plaint. Twenty-odd years later, as the bloodshed between Afghanistan's various tribes threatens to reach a horrifying crescendo, young Laila's parents are killed outright when a rocket blasts through their home, which happens to be on the same street as Mariam and Rasheed. Broken, alone and, she soon realises, pregnant, Laila is devastated when she is informed that her childhood sweetheart Tariq has also been killed, and sees no other option but to accept Rasheed's manipulative offer to become his second wife - and pass off her unborn child as his own.

Although initially hostile towards Laila, Mariam grows to love and rely upon her, and the two women soon form an affinity that even the infamous brutality of the Taliban could never hope to break.

The son of an Afghan diplomat whose family received political asylum in the United States in 1980, Hosseini's mesmerising talent for story-telling once again shines a light on the true human cost of war, while simultaneously highlighting the strength of love and friendship to overcome even the longest of odds.

Emma Pomfret

DVD REVIEW

Omarion - Entourage

The former B2K-er releases another smooth tune that will make the summer soundtracks. *Entourage* features two remixes - B&B Soul Boy is more of a old

school soul vibe, while Wookie adds a funky house beat. Showing all the makings of becoming a club anthem, you won't be able to stop yourself humming to it.

The Twang - Either Way

They might come across as lager-swilling mouthy upstarts, but *Either Way* shows there's more to *The Twang* than expensive cagoules and boxfresh Reebok Classics. Who'd have

thought there was a gap in the market for Streets-style lyrics over Happy Mondays Madchester grooves, but the Birmingham group appear to have found it.

Bob Sinclair - Soundz Of Freedom: My Ultimate Summer Of Love Mix

The king of summer tracks has pulled together a cool collection of tunes for poolside parties and basking on the beach. The French mixmaster has given familiar tracks a twist with his trademark sound, and *Soundz Of Freedom* has exclusive remixes

from the likes of Axwell and Tocadisco. Stand-out tracks include *Sound Of Freedom*, *The Beat Goes On* and *Tribute*. Cheesier than last year's *Western Dream* but for songs to sing along to while sipping your sangria, this is the album for you.

Mutya - Real Girl

When Mutya left the Sugababes, people weren't sure if it was a good or a bad move. But her debut solo single, *Real Girl*, shows that she's not lacking in

talent and can forge out her own solo career out of the girl group. Sampling Lenny Kravitz's *It Ain't Over 'Til It's Over*, it's a song you can't help but like.

the title track, "Dreamgirls will make you feel all right."

DVD Extras: Extended and alternative scenes, Beyoncé Knowles "Listen" music video; two-disc DVD: "Building The Dream" featurette, "Dream Logic: Film Editing" featurette, "Dressing The Dreams: Costume Design" featurette, "Centre Stage: Theatrical Lighting" featurette, "Theatrical Lighting" featurette, extended and alter-

Rating: ***

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MUSIC FESTIVALS

Sep 8th - Dead Infection, Aborded, Decayed, Holocausto Canibal, Disaffected, Psychofagist, The Ransack, Alcolocaust. **Sep 9th** - Benediction, Leng Tche, Sacred Sin, In The Umbra, God, Pitch Black, Goldenpyre.

LIVE CONCERTS

Nelly Furtado - July 27th at Albufeira Municipal Stadium €35 - €40 and July 29th at Cantanhede.

AUGUST

Kane - August 3rd at Oporto's Parque da Cidade. Further info TBA.

SEPTEMBER

GNR, The Guft, Boss AC, Blasted Mechanism, DJ Henrique Amaro, Dezperados - September 7th at Pavilhão Atlântico in Lisbon. Further info TBA.

LIVE SHOWS

the young ones, with performances from Noddy, Bob the Builder, and other well known children characters yet to be confirmed. Tickets: €25 to €220 (VIP Pack)

DECEMBER

Noddy Live - Noddy is returning to Portugal for a Christmas special on December 8th and 9th with daily sessions at 11am, 3.30pm and 7.30pm on December 8th. Minimum age of 3.



ALGARVE

SBC
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31 MAY-6 JUN



- 1**
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
(23.30 Thu-Sun)
Blades of Glory
Will Ferrell, Jon Heder
14.25-19.00
Pathfinder
Karl Urban, Moon Bloodgood
(12.05 Fri,Sat,Sun) 16.40-21.15
2
The Messengers
Kristen Stewart, Dylan McDermott
(12.50 Fri,Sat,Sun) 17.20-21.45 except
Wed, 6th)
Fracture
Anthony Hopkins, Ryan Gosling
(14.15-16.50-19.25-22.00 only Wed,
6th)
Wild Hogs
Tim Allen, John Travolta
(15.00-19.30 except Wed, 6th)
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
(23.50 Thu-Sun)
3
Fracture
Anthony Hopkins, Ryan Gosling
(14.15 except Sat,Sun,Wed)
16.50-19.25-22.00 except Wed, 6th)
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
(10.10-12.25 Fri,Sat,Sun) (14.35 Sat & Sun)
4
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
(11.00 Fri,Sat,Sun) 14.30-18.00-21.30
The Messengers
Kristen Stewart, Dylan McDermott
(01.00 Thu & Sat)
Wild Hogs
Tim Allen, John Travolta
01.00 (Fri & Sun)
5
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
14.00-17.30-21.00
Blades of Glory
Will Ferrell, Jon Heder
(00.30 Thu-Sun)
6
Zodiac
Jake Gyllenhaal, Robert Downey Jr
14.20-17.50-21.10
Slow Burn
Ray Liotta, LL Cool J
(00.45 Thu-Sun)
Meet the Robinsons
Animation PV
(10.00 Fri, 1st) (11.10 Sat & Sun)
7
Spiderman 3
Tobey Maguire, Kirsten Dunst
(12.20 Fri,Sat,Sun) 15.20-18.20-21.20
(00.20 Thu-Sun)
8
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe
(11.20 Fri,Sat,Sun) (16.00 Sat & Sun)
13.40
Indigènes
Jamel Debouze, Samy Naceri
(16.00 except Sat & Sun) 18.45-21.40
(00.25 Thu-Sun)
9
Slow Burn
Ray Liotta, LL Cool J
(15.05 except Sat & Sun) 17.20-19.50-
22.00
Zodiac
Jake Gyllenhaal, Robert Downey Jr
(00.00 Thu-Sun)
Teenage Mutant Ninja Turtles
Animation PV
(10.00 Fri, 1st) (10.50-15.10 Sat &
Sun) 13.00

CASTELLO LOPES CINEMAS
PORTIMÃO
TEL: 707 220 220
31 MAY-6 JUN



- 1**
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13.30-16.45-21.30
2
The Namesake
Kal Penn, Tabu
13.45-16.20-19.00-21.25
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
00.00
3
Fracture
Anthony Hopkins, Ryan Gosling
13.35-16.05-18.50-21.15-23.40
4
Spiderman 3
Tobey Maguire, Kirsten Dunst
13.35-16.10-18.55-21.35-00.20
5
The Messengers
Kristen Stewart, Dylan McDermott
13.55-16.30-19.10-21.50-00.00
6
Pathfinder
Karl Urban, Moon Bloodgood
13.50-16.25-19.05-21.45-00.05

CASTELLO LOPES CINEMAS
ALGARVE SHOPPING
TEL: 707 220 220
31 MAY-6 JUN



- 1**
Notes on a Scandal
Judi Dench, Cate Blanchett
13.40-16.10-18.50-21.15
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom (23.40)
2
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13.45-17.00-21.40
3
Fracture
Anthony Hopkins, Ryan Gosling
12.50-15.20-18.20-21.35-23.50
4
Spiderman 3
Tobey Maguire, Kirsten Dunst
12.40-15.30-18.20-21.20-00.10
5
Wild Hogs
Tim Allen, John Travolta
13.30-16.20-19.00-21.45-00.25
6
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
13.00-15.50-18.30-21.30-00.15
7
The Painted Veil
Naomi Watts, Edward Norton
13.10-16.00-18.40-21.25-00.00
8
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13.15-16.30-21.10-00.20
9
Zodiac
Jake Gyllenhaal, Robert Downey Jr
13.20-16.40-21.00-00.05

CENTRE

LUSOMUNDO
ALMADA FORUM
TEL: 707 246362
31 MAY-6 JUN



- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
The Messengers
Kristen Stewart, Dylan McDermott
Fracture
Anthony Hopkins, Ryan Gosling
Blades of Glory
Will Ferrell, Jon Heder
Breath
Chris Cooper, Ryan Phillippe
Pathfinder
Karl Urban, Moon Bloodgood
Spiderman 3
Tobey Maguire, Kirsten Dunst



■ OV = Original Version
■ PV = Portuguese
Version

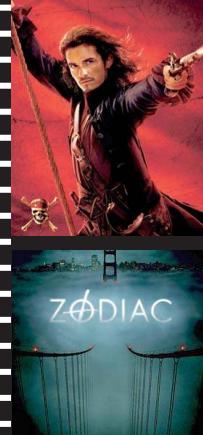
- O Mistério da Estrada de Sintra**
Ivo Canelas, António Pedro Cerdeira
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV
The Reaping
Hillary Swank, Idris Elba
Meet the Robinsons
Animation PV Digital 3D

- Zodiac**
Jake Gyllenhaal, Robert Downey Jr
Fracture
Anthony Hopkins, Ryan Gosling
Spiderman 3
Tobey Maguire, Kirsten Dunst
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV
Meet the Robinsons
Animation PV Digital 3D

- Fracture**
Anthony Hopkins, Ryan Gosling
Spiderman 3
Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
Teenage Mutant Ninja Turtles
Animation PV
Meet the Robinsons
Animation PV



Pirates of the Caribbean: At World's End



MILLENIUM
ALVALÁXIA
TEL: 21 754 9000
(NO WEEK'S UPDATES)
31 MAY-6 JUN



- 1**
Spiderman 3
Tobey Maguire, Kirsten Dunst
2
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
3
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
4
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
5
The Messengers
Kristen Stewart, Dylan McDermott
6
Pathfinder
Karl Urban, Moon Bloodgood
13.50-16.25-19.05-21.45-00.05

LUSOMUNDO
COLOMBO
TEL: 707 246362
31 MAY-6 JUN

- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
Trust the Man
David Duchovny, Julianne Moore
The Messengers
Kristen Stewart, Dylan McDermott
Fracture
Anthony Hopkins, Ryan Gosling
Blades of Glory
Will Ferrell, Jon Heder
Black Christmas
Katie Cassidy, Michelle Trachtenberg
Pathfinder
Karl Urban, Moon Bloodgood
Spiderman 3
Tobey Maguire, Kirsten Dunst
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
Teenage Mutant Ninja Turtles
Animation PV
Meet the Robinsons
Animation PV

LUSOMUNDO
ODIVELAS PARQUE
TEL: 707 246362
31 MAY-6 JUN

- Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
The Messengers
Kristen Stewart, Dylan McDermott
Fracture
Anthony Hopkins, Ryan Gosling
Spiderman 3
Tobey Maguire, Kirsten Dunst
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV
Mr. Bean's Holiday
Rowan Atkinson, Willem Dafoe



LUSOMUNDO
OEIRAS PARQUE
TEL: 707 246362
31 MAY-6 JUN

- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
Fracture
Anthony Hopkins, Ryan Gosling
Spiderman 3
Tobey Maguire, Kirsten Dunst
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV

LUSOMUNDO
OLIVAISHOPPING
TEL: 707 246362
31 MAY-6 JUN

- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Black Christmas
Katie Cassidy, Michelle Trachtenberg
Spiderman 3
Tobey Maguire, Kirsten Dunst
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV

LUSOMUNDO
VASCO DA GAMA
TEL: 707 246362
31 MAY-6 JUN

- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
Trust the Man
David Duchovny, Julianne Moore
Spiderman 3
Tobey Maguire, Kirsten Dunst
Fracture
Anthony Hopkins, Ryan Gosling
Breath
Chris Cooper, Ryan Phillippe
Spiderman 3
Tobey Maguire, Kirsten Dunst
Slow Burn
Ray Liotta, LL Cool J
La Môme / La Vie en Rose
Marion Cotillard, Sylvie Testud
Wild Hogs
Tim Allen, John Travolta
8
O Mistério da Estrada de Sintra
Ivo Canelas, António Pedro Cerdeira
9
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
10
Atrás das Nuvens
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
11
Spiderman 3
Tobey Maguire, Kirsten Dunst
12
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
13
Slow Burn - Ray Liotta, LL Cool J
14
Trust the Man
David Duchovny, Julianne Moore
15
Blades of Glory
Will Ferrell, Jon Heder
16
The Reaping - Hillary Swank, Idris Elba
Hillary Swank, Idris Elba



LUSOMUNDO
AMOREIRAS
TEL: 707 246362
31 MAY-6 JUN

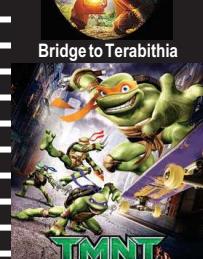
- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
Trust the Man
David Duchovny, Julianne Moore
Fracture
Anthony Hopkins, Ryan Gosling
Spiderman 3
Tobey Maguire, Kirsten Dunst
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV

LUSOMUNDO
CASCAISHOPPING
TEL: 707 246362
31 MAY-6 JUN

- Atrás das Nuvens**
Nicolau Breyner, Sofia Grilo
Pirates of the Caribbean: At World's End
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
Fracture
Anthony Hopkins, Ryan Gosling
Blades of Glory
Will Ferrell, Jon Heder
Breath
Chris Cooper, Ryan Phillippe
Pathfinder
Karl Urban, Moon Bloodgood
Spiderman 3
Tobey Maguire, Kirsten Dunst
Bridge to Terabithia
Josh Hutcherson, Anna Sophia Robb
Teenage Mutant Ninja Turtles
Animation PV
Meet the Robinsons
Animation PV 3D Digital

LUSOMUNDO
FORUM MONTJOI
TEL: 707 246362
31 MAY-6 JUN

- Pirates of the Caribbean: At World's End**
Johnny Depp, Orlando Bloom
Zodiac
Jake Gyllenhaal, Robert Downey Jr
Fracture
Anthony Hopkins, Ryan Gosling
Spiderman 3
Tobey Maguire, Kirsten Dunst
Wild Hogs
Tim Allen, John Travolta
Teenage Mutant Ninja Turtles
Animation PV
Meet the Robinsons
Animation PV 3D Digital



CELEB NEWS

Pirates of the Caribbean: At World's End may not have broken the three-day box-office record set by **Spider-Man 3** earlier this month, but it did set a record for the Memorial Day weekend, hauling in an estimated \$142.1 million. (The figure rises to \$156.1 million when Thursday's preview screenings are included.) The previous Memorial Day record was set by **X-Men: The Last Stand**, which opened at this time last year with \$122.9 million. In addition, Disney said that the \$404 million that the film captured worldwide made it the biggest opening in Hollywood history. Unlike **Spider-Man 3**, which faced no significant competition when it premiered, **Pirates** faced last week's No. 1 film, **Shrek the Third**, which took in \$69.1 million over the four days, and **Spider-Man 3**, which added \$18 million to its total (bringing it to \$307.6 million). The three top films combined to give the overall box office its biggest haul ever, \$265 million, well above the previous record of \$247 million set in 2004. The only other film to open wide over the weekend, the William Friedkin horror film **Bug**, was virtually squished by the competition, taking in only \$4.2 million. **U2** rocker **Bono** is continuing efforts to raise awareness of world poverty by joining the Irish government's Hunger Task Force. The campaign was launched in capital city Dublin last month and also includes experts from Nigeria, Peru, Britain and America. Aid Minister Conor Lenihan said yesterday, "Bono's commitment to the developing world is well known. I am confident that he will bring his trademark enthusiasm, experience and insights to the task force. His participation will give the issue of global hunger and malnutrition the level of attention that it deserves." The Hunger Task Force is headed by former Irish agriculture minister Joe Walsh and forms part of Ireland's efforts to achieve the first United Nations Millennium Development Goal of halving world poverty by 2015. **Hollywood** hardman **Kiefer Sutherland**'s action show **24** has been commissioned for two more seasons. The actor, who plays agent Jack Bauer in the series, which is currently airing its sixth season, has signed a deal with Fox to keep the Emmy-winning thriller going until 2009. Executive producer/showrunner Howard Gordon says, "We're re-creating the series. It is going to be a real-time thriller. Beyond that, it's an open book." It is believed the seventh series will return with a different cast and a new, non-Los Angeles location. **Angelina Jolie** and the woman she plays in her hard-hitting new movie **A Mighty Heart** became fast friends after arranging a playdate with their kids. The actress plays murdered journalist Daniel Pearl's wife Mariane in the film and only landed the deal after befriending the grieving widow. Pearl admits she knew she and Jolie were kindred spirits and got in touch to arrange a mothers' meeting. In a new Glamour magazine interview, conducted with the two friends, Jolie admits she was thrilled and a little intimidated about her first meeting with Pearl. She says, "I remember being amazed by your courage and your grace, but I also sensed, she's an interesting woman, I wonder what she's really like. When I got the note, I was thrilled to hear that you wanted to have a playdate. Later I realized that Mariane and I are the two worst people to plan a playdate in the history of playdates... because she hates the phone as much as I do. So it almost didn't happen." But Jolie admits she's glad the couple got the chance to meet; she found Pearl "an intelligent European woman." The pair's children have now also become great friends. Jolie's adopted son Maddox and Pearl's son Adam have bonded over Disney cartoon **The Jungle Book** and the actress' adopted daughter Zahara is "madly in love with Adam." **Wild Hogs**

**NORTH**
**UCICINEMAS
ARRÁBIDASHOPPING**
TEL: 707 23 22 21
31 MAY-6 JUN
**LUSOMUNDO
CINEMAS**
DOLCEVITADOUBRO
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
DOLCEVITAPORTO**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
FORUMCOIMBRA**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
FOZPLAZA**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
FORUMAVEIRO**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
GAIASHOPPING**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
PARQUENASCENTE**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
PONTES**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
PORTUGAL**
TEL: 707 246362
31 MAY-6 JUN
**LUSOMUNDO
SANTARÉM**
TEL: 707 246



SLOW BURN

A stylish thriller, *Slow Burn* stars Ray Liotta as Ford Cole, a big-city district attorney with his eye on the mayor's office and a big problem on his hands. One of his deputies, the beautiful assistant district attorney Nora Timmer (Jolene Blalock), has just confessed to killing a man in what she claims was self-defence.

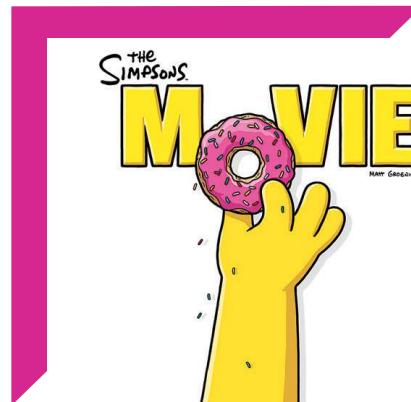
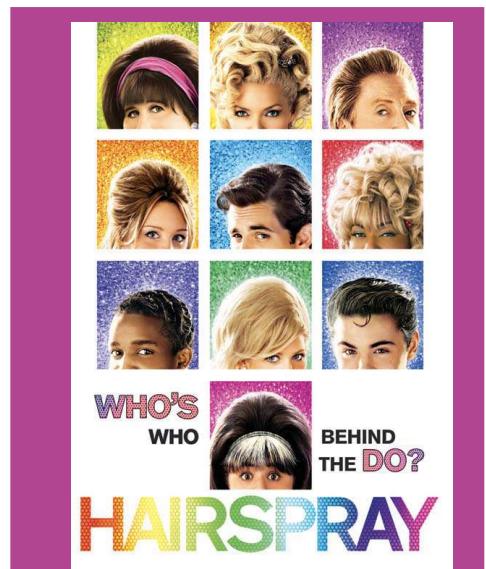
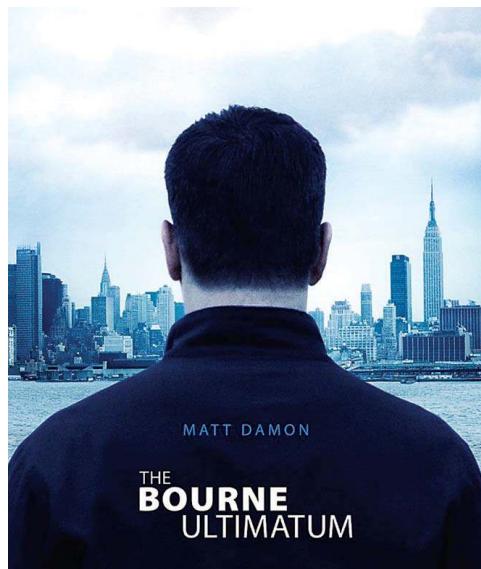
A bad situation gets worse when an enigmatic stranger named Luther Pinks (LL Cool J) turns up at the police station to contradict Nora's story and paint a very different picture of Ford's talented colleague. With his career and perhaps his life on the line, Ford has a mere handful of hours to sort the truth from the lies in a saga involving Nora, a record store clerk (Mekhi Phifer), and a powerful gang lord.



Slow Burn



Coming soon this Summer



50 events

The Portugal News • 2 Jun 2007

North



PORTO

DAILY

Casa da Música: guided visits from Mon-Sun: 10h30; 11h30; 12h30; 15h00; 16h00; 17h00; 18h00 • Tickets can be bought until 10 minutes before the visit • Price: €2; Free for children under 12 • 220120214 • Av. da Boavista, 604-610 • www.casadamusica.com



DAILY

Serralves Foundation: Visits to the exhibitions • Sat: 17h-20h; Sun: 12h-13h • to the architectonic spaces (museum & casa de serraves) Sun: 15h-16h • to the park Sun: 11h-12h • Visits are free on the purchase of an entrance ticket to the museum • Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

1 JUNE TO 22 JUNE



Painting Exhibition at Lugar do Vinho art gallery by Rebecca Davis: The gallery is in a traditional 17th century building situated in the heart of Porto's historical old town on Rua Belmonte nº 37 • From 10h00 to 18h00 • 254732167 / 254731181/254731180 • http://www.quintadeventozelo.com/engl/contido/index.html).



Centre

CASCAIS

DAILY

Cascais Cultural Centre: Features shops, a coffee shop and a terrace • Open from 10h00 to 18h00 (Closed on Mondays) • Av. Rei Humberto II de Itália • Tel: 214848900

DAILY

Sea Museum – Rei D. Carlos: • R. Júlio Pereira de Mello • 214825400

ESTORIL

UNTIL 12 JUNE

XX Salão Primavera (20th Spring Salon) at Casino Estoril: • Four dozen young artists exhibit their works at the Art Gallery of Casino Estoril • Info.estoril@estoril-sol.com 214667700 • 214825400

DAILY

National Coach Museum: Set in a 17th century riding school, with a varied collection of royal coaches, uniforms and portraits of the royal family • Open from 10h00 to 17h30 (Closed Mondays and public holidays) • Praça Afonso de Albuquerque • 213610850

DAILY

Casino Estoril – Praça José Teodoro dos Santos: • Tel: 214 667 700 • Fax: 214 667 965 • Email: info.cestoril@estoril-sol.com • www.casino-estoril.pt

LISBOA

FRIDAYS AND SATURDAYS

Italian Nights at A Commenda: • An enjoyable combination of gastronomy and live music • Centro de Reuniões at Belém Cultural Centre (1st Floor) • Lunch: 12h30-15h00; Dinner: 19h30-22h30 (except Sundays) • Opens at 19h00 on days of shows at the Grand Auditorium • 213648561

DAILY

Belém Cultural Centre: • One of the great cultural centres in Europe in one of Lisbon's areas

of outstanding architectural beauty it hosts exhibitions, performing arts, restaurants, gardens, shops and conference centre • 213612400

DAILY

BIL - Lisbon International Bowling Centre: • With 30 lanes, BIL is the largest Bowling alley in Portugal and one of the largest in Europe • restaurants, gaming machines and a shop

DAILY

Mercado da Ribeira: is the Coolest Place in Town - a very popular market • Tagus crafts, events, gastronomy • Av. 24 de Julho

DAILY

Oceanarium: • Spectacularly designed by architect Peter Chermayeff, it is one of Europe's biggest oceanarium • Park of Nations • Open from 10h00 to 18h00 • 218917002

8 JUNE



Included in the Chamber Music Series of Concerts, the Prazáč Quartet (Václav Remes (violin), Vlastimír Holek (violin), Josef Kluson (viola), Michal Kanka (cello) and Pedro Burmester (piano) will perform music from Alexander Zemlinsky and Johannes Brahms.

UNTIL 15 JULY

Exhibition by Maria Nordman: 'Proto-Spective: A Changing Exhibition in Real Time' • 'Specific to the Museum', 'Places in Oporto' and 'Other Cities' & 'Transmutações Melódicas' • The Museu Serralves celebrates Maria Nordman's work development in cities and their neighbourhoods - where people live and work • Serralves Museum on Rua D. João de Castro, 210 • Tel: 226 156 584 • www.serralves.pt

GUIMARÃES

EVERY FRIDAY

Café-Concerto (Coffee-Concert) with Jazz and other music genres: • Centro Cultural Vila Flor in Guimarães • Please see the website or telephone to find out what's on • Av. D. Afonso Henriques, 701 • Tel: 253424700 • Fax: 253424710 • www.aoficina.pt

www.the-news.net

ARMAÇÃO DE PERA

MONTHLY



Monthly Writing Circle: Jenny Grainer • Hotel Garbe • The Monthly Writing Circle is on the first Thursday of the month from 10h30 to 12h30 • All welcome! • For more information ring Jenny on 963518184

PORTIMÃO

16 JUNE



Ballroom Dance Workshop: 16th June: Mambo & Final Show (time and place to be announced) • Participate and learn the steps and times of each dance. Do not miss this opportunity to discover new sounds and rhythms • Municipal Gimnodesportivo Pavilion from 16h00 to 18h00 • Av. Miguel Bombarda • 282470825 • www.cm-portimao.pt

QUARTEIRA

UNTIL 10 JUNE

Gastronomic Festival 'Sabores à beira-mar' (Tastes from the seaside): Seafood festival at the restaurants on the waterfront

SALIR

2 JUNE

The Associação Cultural de Salir (near Loulé) invites you to attend the 2nd edition of the Ball Bearing Carts Race: comunicado.imprensa@garvetur.pt

SANTANADASERRA

DAILY

Horse Riding and Walking at Equi-Serra: • For more details or to book: 1 hour, 1, 2, 3 days, or 1 week rides, 938147718 • www.equiserra.com

SÃO B. MESSINES

SATURDAYS & WEDNESDAYS

Quinta da Bica Saturday Mornings & Wednesday afternoons: • Livery, Lessons, Hacks & Horse Share for all ages and abilities • For more information, please call: 282332746 or 914795301 • quintabica@hotmail.com

SERPA

DAILY

Museu Arqueológico (Archaeological Museum): Alcáçova do Castelo • 9h30-13h00 / 15h30-19h00 • 284540100 • www.cm-serpa.pt

TAVIRA

DAILY

Cachopo Museum: Centro Paroquial de Cachopo • 289844191 • www.cm-tavira.pt

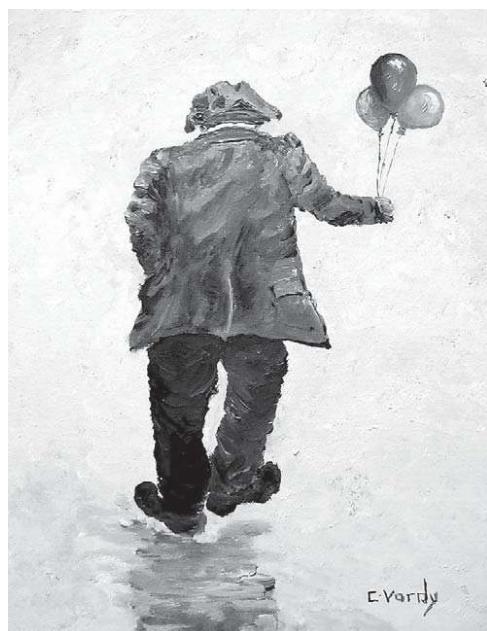


South

LAGOS

UNTIL 10 JUNE

Art Exhibition by the Lua Azul Art Group at Armazém Regimental: Garden & Patio metal sculptures, decorative tiles & paintings by local artists



DANCE WEEK '07

Lagos 18. - 24. July
ALGARVE in Portugal



MODERN JAZZ

HIP HOP

AFRICAN DANCE

with: Ulla Agbetou

Rodrigue Louise Ambroisine

Tchekpo Dan Agbetou

info: www.sanderdance.com

Art and Photography exhibition by David Haines and João Paulo Carrondo



• Don't miss this chance to see David Haines' and João Paulo Carrondo's fabulous works of art at their second joint exhibition at the Armazém gallery, Lagos • Running from June 1st to June 10th, the exhibition will feature numerous works by the acclaimed duo, in the spacious, central gallery • David, who is now as well known for his own oil paintings of quintessential Algarve scenery as he is for his meticulously identical Van Gogh masterpieces will be joined by Luso-Canadian João Paulo Carrondo, an internationally renowned photographer who has settled here in the Algarve • The exhibition will also feature works by the inmates of Faro prison, who after their first successful public showing last month have also generated an interested following • For more information, contact David Haines on: 968 290 627, or João Carrondo on: 966 887 767 • The gallery is located in Lagos, off the square between the Slave Market and the main church.

The opinions expressed here are those of our readers and not necessarily of The Portugal News. The editor reserves the right to edit letters or refuse publication. Send your letters, which must include your name and full postal address (even if you wish to remain anonymous on the page), and be of no more than 300 words to: The Portugal News, Apartado 13, 8401-901 Lagoa. Fax: 282 341 201. E-mail address: letters@the-news.net

English language quirks and free camping

SIR, Following on from two topics that have featured more than once on your letters page:

Maybe it is just the season, but some people seize on to the strangest subjects.

Ms. Brown cited that a couple were sighted there three times with their motorhome sited in a place where free camping is not allowed. They protested aloud that they had not seen any signs at the scene of the alleged crime. He almost burst a vein, but his protest was in vain. Perhaps if the van had shown a fair wind blowing, there would have been a different outcome to this affair and they would not have had to wind up the corner stays. As they had been caught, the case went to court. In their defence they took a line that the local laws did not align with those of other areas. They thought that they had fought well, but they were fined four hundred Euros for the offence and told to find another place to stay. Afterward, they said they would look for a quiet wood, where they could not bear to wear their "I love the Algarve" T-shirts, they would rather go bare. They had not guessed that this is how they would be treated as a guest.

Apologies to Ron Lavery for the poor pronunciation of some 'th's'.

RAY GLOSTER, Santa Clara a Velha

Re: Ex-pat issues

SIR, You very often report on issues which are close to heart for many ex-pats living in Portugal. In many cases the issues addressed are of real direct concern to residents.

Recently you reported on the

campaign to stop the erection of 400 KVA power lines and pylons in the pretty Val Fuzeiros valley, and indeed published a "plea for help" letter on the matter. Some months ago, you reported on a similar issue about new pylons going from Portimão to Monchique and beyond. The Mayor of Monchique is reported as saying "over my dead body" - well, I missed the funeral, because we now have three rows of pylons leaving Portimão and crossing straight along the beautiful Odeleouca valley (an environmentally protected zone!) and to Monchique and beyond.

I am grateful for your reporting and the informative articles and would appreciate your follow-up on those issues so we can all read that the authorities here really do get away with murder on all issues about the environment. Without media reporting (and follow-up) the residents of the Val Fuzeiros valley have no chance!

MARCEL DEBIE, By e-mail

Are men from Mars? (19 May)

SIR, Well, I don't know about you, but I was born at the bottom of the garden on a yacht moored on a deep water canal in the Cayman Isles. An interesting start to life I guess.

The first problem with women who want to find an interesting man is that they need to be interesting too. Very often they want children and want to settle down, as stated in the article. That is exactly what interesting men don't want to do.

My own dire experiences have shown me that every woman who claimed to value me because I was "interesting", also wanted to remould me as a boring conventional person. Also, most girls

have said to me countless times "a relationship is a full-time job". The trouble is no interesting guy wants a full-time job. He hasn't got time for a full-time anything.

Don't start me on this but.... I would like someone to have an emotional, practical, fun, silly relationship with. I want someone interesting to talk to, so she must have done something interesting herself since we last met (even if that was at breakfast time). She must be someone who doesn't want kids, and doesn't want to improve me, and if she fancies doing it, get on a plane and go somewhere weird at a moment's notice. Someone who laughs, and if she sulks, then she should do it in style. Someone who can put up with me having fifteen different interests before breakfast, and doesn't mind if I don't talk to her at all on Wednesday, because she would be busy then anyway, and doesn't want me interfering. I want a girl who has a life of her own as well as a life with me.

See what I mean? All the interesting guys aren't available simply because the girls don't actually want one of those. So we are all losing out. And I bet I don't get any takers.

JOHN CLARE, Arao

Fags

SIR, I came out of hospital recently (an operation for cancer) to read in *The Portugal News* that Portugal is about to ban smoking in public places. I was thrilled. Smokers have selfishly pumped their waste into my lungs for so long - could it be that in my pension years I will not need to fight to get clean air, especially in restaurants? Then, near the end of the article came the biggest laugh of all: 'the Spanish example'!

Oh yes, they are the perfect example of how the powerful vested tobacco interests have nobbled a nation. Less successful recently at forcing their interests on us mostly they've turned to nobbying the third world - anywhere they can escape regulation. But the Spanish are the perfect

example of turning the clock back ten years: the perfect example of overriding democracy, of how health interests can be simply dumped. The perfect example of how an increasingly small minority of junkie addicts can force their problems onto the majority - the figures for heart disease, cancer, caused by passive smoking (you smokers' c****) are simply horrendous. The perfect example of how genuine progressive health legislation can be neutered: and of a pusillanimous cop out dodging a decision whose time has come. By now if any of my smoking friends have read this and become ex-friends, you never were friends in the first place. And I sincerely am sorry where I cause offence.

At the same time I say tough s*** - the world is growing up and it'll be harder for some. I was in Orkney a year ago, in one of those old nicotine yellow bars. A burly Orcadian brushed past - to go home, I thought. Later he was smoking outside in the wintry wind and rain of Orkney. With a smile. He'd grown up.

Portugal may be about to. It sounds like the health aspect is serious. Come on guys - compared with Orkney, Portugal is peanuts. Compared with Spain - well, if they choose to stay in nappies that's really sad for them. What an example! (The Spanish law bans smoking in bars and restaurants unless the owner puts up a notice saying 'Smoking Permitted'. Ha, - what happens?)

STEVEN WEBSTER, By e-mail

Children cannot be supervised 24/7

SIR, As the hope of finding Maddy fades, more parents whose children survived childhood are joining in the criticism of the McCanns for being unwise enough to leave three small children unsupervised. "We never left ours alone". That may well be true but the simple fact is that, irrespective of the degree of supervision, nearly all children grow

up with nothing untoward ever happening to them.

It could be argued that had the McCanns stayed in the apartment, the tragedy wouldn't have happened. Perhaps, but there are plenty of stay-at-home parents who have looked in on their child only to find it missing, or dead from a whole range of causes, including the notorious cot death syndrome that led to the unjustified persecution of so many caring parents. And had the McCanns taken their children to the restaurant you can bet someone would have complained about their evening meal being spoilt.

People should be counting their blessings, instead of demanding that the McCanns be prosecuted for neglect or that the two younger children should be taken into care. I have no idea what they think the State abduction of the other two children would achieve. How thoughtless and hurtful can people get?

RON LAVERY, By e-mail

Focus on the why-not the who

SIR, I sure don't want to start the Religious Wars again, but I feel something must be nipped in the bud. Last week in a letter about Maddie, Rosmund Gale called for a discussion about the root causes of paedophilia and mentioned a scandal that took place in Canada involving the Christian Brothers school.

So far, so good. But lest readers failed to realize that the predators just so happened to be Catholics, Rosmund felt compelled to bring it out. Does Ms. Gale mean to imply that there is some intrinsic connection between paedophilia and Catholicism? If not, why mention it? Is she aware of the fact that for every priest involved in this crime in America, there are thirty public school teachers busted for sexually molesting kids? Shall we discuss the possible links between secular education and child sexual abuse?

Hasn't Rosmund identified herself with eastern philosophy and religion? Doesn't she know that Buddhist Bangkok is kiddie sex capital of the world?

We all, regardless of faith or lack of it, want Madeleine found. Let's keep the focus where it belongs.

JAMES ROSS, By e-mail

Praia da Rocha

SIR, After reading *The Portugal News* of 26th May, during a visit of one week to Praia da Vau, and witnessing first hand the reconstruction at Praia da Rocha, I

cannot but wonder just what is going on in the minds of the City Fathers allowing the project to stretch into the height of the summer season. The street is a disaster zone and I heard one comment that it looked like Iraq. What with open and unprotected holes,

pieces of steel wire sticking up out of the ground, sand blowing into shops and the disruption to shops, pubs, etc.

It would not be tolerated in any other country and if it were in GB the professional injury claimers, either real or pretend, would have a field day with compensation claims. Come on City Fathers, get your act right and get the job finished before the real influx of holidaymakers arrive.

It will look nice, but it is oh so slow with 6 men doing their best to lay 300 meters of cobblestones. All praise to them for doing a tedious job well done.

DAVID MCNEILL, Bangor Co. Down UK

Re: New tower blocks

SIR, Regarding the article in your newspaper of May 26th, relating to the proposed four new high tower constructions in the Tres Castelos area.

It is little wonder that the residents of this so called Green Area are outraged by these plans. Since the beginning of the year an eleven storey construction has been initiated with indecent haste. This building is adjacent to a monstrous 'white elephant' construction of similar height, which has been unoccupied for at least three years. Immediately opposite is the green Tres Castelos tower of twenty five floors, which is also standing empty. Next to Tres Castelos, Club Praia Mar, has had more than 20-25% occupancy, even during the high holiday season. Behind these two 'blots on the landscape' Hotel Vau de Rocha is falling into decay.

The only reasonable green area between these 'blots' is now proposed to be vandalised by a further four, eighteen storey towers. It is beyond believe that the Mayor and planning department are allowing building in 2007 to 1980's planning standards. Are we really to believe that these so called planners have learned nothing in 25 years?

The comments of Sr. Sobral, regarding the 1991 PDM clearly indicates their inability to see future trends, with particular regard to the general environment and the necessity for reasonable amounts Green Areas.

The desecration of the coastal areas by rampant uncontrolled development is a recipe for disaster. As indicated we are already seeing buildings falling into decay, and should the proposal go ahead we shall be building tomorrow's slums-today! For the future prosperity of this area we would ask the Mayor and the planning authority to have a serious rethink on this proposition.

J. WESTRAY, Portimão

Global cooling

SIR, An Extraordinary General Meeting was called yesterday by the Algarvian Secret Scientific Earth Society (commonly known as ASSES). This meeting was called after it was declared that the Test Match in England was the coldest on record with temperatures reaching 7.4° and here in the Algarve we ex-Brits are still wearing coats and jumpers when we are almost into June.

It was finally declared after a prolonged debate that Global Cooling is the cause of this devastating problem which if it gets worse will kill millions of people.

It was finally decided that the only known cure would be to pass a law that every human being must by the year 2020 drink at least a pint of fresh milk per day which will increase the number and sizes of all dairy herds throughout the world which will mean there are more cows out there in the fields farting which will lead to an increase in temperature of the air around us which will hopefully be the start of a Global Warmup and therefore save millions of lives.

If you want to join the ASSES then all you need to do is promise to drink a pint of milk a day come on join today and together we will beat global cooling.

RAYMOND COMPTON, Algarve Book Cellar, Carvoeiro

Portuguese for Beginners

Emilia Rosendo

94

THIS LESSON:
Revision exercises

- ① Choose the correct word(s) - a), b), c) or d) to complete each sentence below.**
- Às nove horas da manhã, as pessoas dizem
 a) Boa noite b) Boa tarde c) Bom dia d) Boa manhã
 - A Ana, o Rui e a Maria são muito ____.
 a) simpáticas b) simpáticos c) simpático d) simpática
 - Os leões ____ animais ferozes. Nos jardins zoológicos, os leões ____ em jaulas.
 a) são...estão b) são...são c) estão...são d) estão...estão
 - O fogão está ____.
 a) na despensa b) na sala c) na cozinha d) no quarto
 - ____ é aquela menina que está no jardim?
 - É a minha prima.
 a) Quando b) Onde c) Qual d) Quem
 - Tu ____ bem francês?
 - Não, não ____.
 a) falas...falas b) fala...fala c) falas...falo d) fala...fala

- Ontem, eu e a Marta ____ num agradável restaurante.
 a) almoçamos b) almoçou c) almoçaram d) almoçámos
- Ela vai à papelaria para comprar ____ de fita-cola e ____ de cola.
 a) um rolo...um tubo b) um tubo...um rolo c) um tubo...uma caixa d) uma caixa...um tubo
- As pessoas ____ as notícias nos jornais.
 a) lê b) vêm c) vêem d) lêem
- A filha da minha irmã mais velha é a minha ____.
 a) neta b) sobrinha c) prima d) tia
- Ontem ____ tarde, eles viram ____ filme ____ cinema.
 a) na...um...no b) à...um...no c) à...uma...no d) na...um...na
- Nas nossas últimas férias, as crianças aprenderam a nadar na ____.
 a) piscina b) rio c) lago d) mar
- Elas também aprenderam a ____ de bicicleta.
 a) ir b) guiar c) andar d) montar

Please send your completed exercises, with a STAMPED, SELF-ADDRESSED ENVELOPE, to me: Emilia Rosendo at The Portugal News and I will send them back corrected. The Portugal News - Apartado 13, 8401-901 Lagoa. Tel: 282 34 11 00.

Just beat it

Simple, nutritious and easy to cook, making them one of life's basic and indispensable foods. We talk to top chef Michel Roux about why eggs are so good for us, and serve up some classic recipes.

"I respect the egg for its genius in all forms of cooking - in my view it is an undervalued food, invariably overshadowed by expensive, luxury ingredients," says top chef Michel Roux.

"Eggs have been much maligned over the past few decades, variously branded high in cholesterol, difficult to digest, carriers of salmonella and the like. But, in reality, they are highly nutritious and simple and quick to cook."

An egg is a treasure chest of substances that are essential for a balanced diet, according to Roux. "Rich in proteins, lipids, vitamins and minerals including

iron and zinc, it provides first-class protein, is low in sodium, and a medium egg contains only 78 calories," he explains.

"Ideal for breakfast, lunch, tea, dinner and supper, eggs are also great in sandwiches, an ideal picnic food, and they are essential in the preparation of so many different desserts, cakes and sauces."

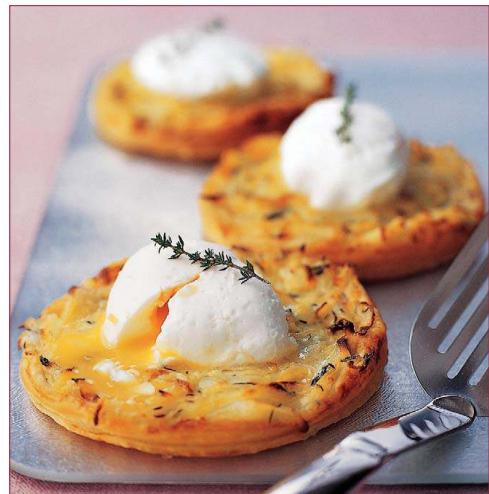
Here, Michel shares two of his favourite egg recipes - one a simple step-by-step guide to your best ever omelette, or up the egg ante with something a little fancier: Poached Eggs on Onion Tartlets.

Emma Pomfret

Poached Egg on Onion Tartlets

Ingredients (serves four)

two large onions
100g butter
150ml double cream
few thyme leaves, plus sprigs to garnish
salt and freshly cracked pepper
350g ready-made puff pastry
flour, to dust
Four small hen's or bantam's eggs, poached



How to make the perfect omelette:

Allow two eggs per person for a starter or light snack; allow three eggs per person for a main course.

Break the eggs into a bowl, season with salt and pepper, and beat lightly with a fork.

Heat a 20cm frying pan, preferably non-stick. When the pan is hot, quickly brush a little clarified butter over the inside.

Pour in the beaten eggs and cook for five to ten seconds, until they are just beginning to set very lightly on the bottom.

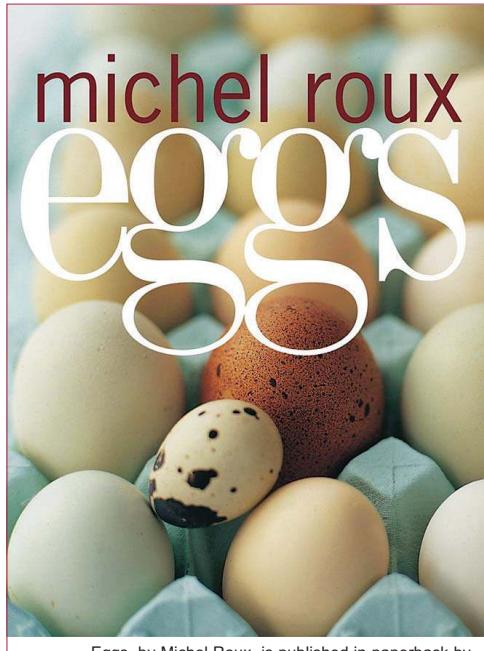
Immediately scrape the sides

towards the middle, using the side of a fork. Carry on stirring almost continuously, gently shaking the pan with your other hand, until the omelette is cooked to your taste.

Allow one minute for lightly cooked 'runny' omelette, one and half minutes for a firm omelette, or two minutes if you prefer a well-cooked omelette.

To roll the omelette, flip one half over towards the middle, while tilting the pan.

Add the filling, if you are us-



Eggs, by Michel Roux, is published in paperback by Quadrille, priced £9.99/€14.69.

To prepare:

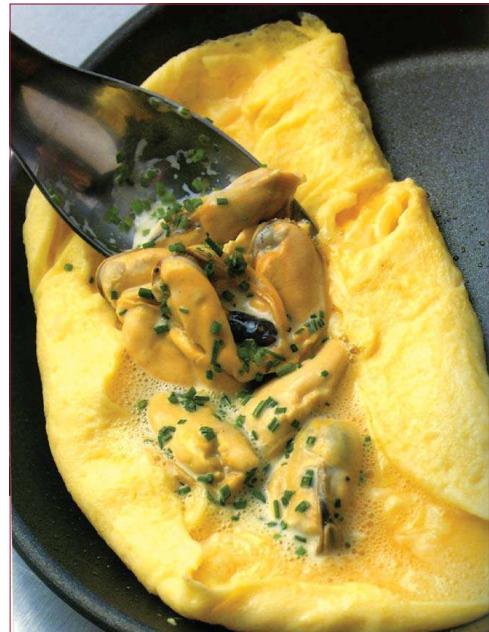
Cut the onions into thin slices. Melt the butter in a heavy-based saucepan over a low heat. Add the onions and cook gently for 45 minutes, stirring every 10 minutes. Pour in the cream, add the thyme leaves and simmer for another 20 minutes or so. Season with salt and pepper and tip into a bowl; set aside.

To bake the tartlets, preheat the oven to 170°C/Gas 3. Roll out the pastry on a lightly floured surface to a 3mm thickness. Using a 12cm plain round pastry

cutter, cut out four discs and place on a baking sheet. Rest in the fridge for about 20 minutes.

Prick each pastry disc four or five times with a fork. Spread the onion mixture evenly on top of the discs, then bake for 25-30 minutes - the bottom of the pastry should be well cooked and crisp.

Put the poached eggs in a bowl, carefully pour on boiling water and leave them for 30 seconds only to warm through. Drain well and put a poached egg on each onion tartlet. Top with a sprig of thyme and serve on warm plates.



The perfect omelette.

ing one (such as mushroom, cheese, smoked salmon), then roll the omelette over itself completely.

Transfer the omelette onto a

plate or serving platter. Using a knife tip, make an incision down the whole length to expose a little of the filling, then brush with a little clarified butter.

www.the-news.net

A newly opened restaurant in the traditional Algarvian village of Alte. Restaurant A Ponte invites residents and visitors to come and enjoy relaxed dining in unspoilt surroundings.

We offer:

- ◆ Large variety of dishes
- ◆ Fresh fish
- ◆ Children's menu
- ◆ Vegetarian dishes
- ◆ Lunchtime menu plus dish of the day
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- ◆ Air conditioned, non smoking dining room
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- ◆ Large terrace / covered and open air
- ◆ Family atmosphere

For reservations please call
289 478 086
or 964 191 625



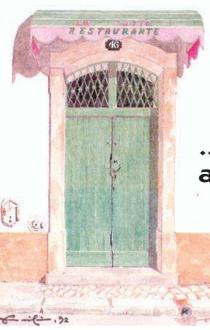
Free glass of wine or equivalent for dining customers when presenting this ad.

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featuring new international
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at its best

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Humphrey's Restaurante Alvor

Try our specialities:
Tender Humphrey's Fillet Steak
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Pan Fried Fillets of Sea Bass
Vegetarian Menu
Children's Menu

Tues - Sun 6pm - till late
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Rua Marques de Almeida
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Hotel Jópiter
Portimão Centre
V3
Estrada da Rocha
Praia da Rocha
Portimão
932 896 385

Restaurant Humphrey's, in Alvor, is just round the corner from the Post Office, opposite the Hotel Alvor Mar, (look for the big, burgundy 'H' sign). This new establishment, run by George and Elaine, offers a varied menu, ranging from Fillet steak with King Prawns, to Seafood Linguini, to Caesar Salad, all prepared by their English trained chef. You're spoilt for choice with the Starters and the Chocolate Fondue is to die for! There is also a Vegetarian choice of dishes, and a children's menu. The interior decor is burgundy and

white, which gives a fresh, classy, contemporary feel. There is a bar and you can dine al fresco on their terrace during the summer. Reservations are recommended.

O Cantinho dos Italianos is a very popular restaurant with delicious fresh Italian food. It is not easy to find, but the village of Pera is still a small place that a little effort will bring great rewards. Frederico and Ana will tend to both your table and nutritional needs. Try their new and unusual dishes with fabulous sauces and homemade pasta. A place not to be missed if you really enjoy

first class Italian food and a homely atmosphere. Reservations are recommended if you don't want to be disappointed.

No Patio "The best kept secret in Lagos - once found never forgotten." Tucked away in the old part of town close to the Cultural Centre, No patio has a simple, but elegant interior, with a secluded terrace and working garden, full of fresh herbs and fruit trees. With high walls on all sides, alfresco dining is the norm, even when there is a breeze. The palm trees also provide shade and privacy. British owner Martyn Allen has created a food-lovers dream. A selective menu guarantees freshness of products, such as Seared Scallops and Prawns with bacon, and Rosemary and Lemon Butter; Honey Roasted Breast of

Duck with a Citrus and Almond Glaze; and the No Patio Lemon Cheesecake, using lemons from their own garden. Not surprisingly, reservations are advised.

Dolce Vita Restaurant Pizzeria is located in the centre of Lagos opposite the Cultural Centre, between two streets - with two different entrances! The decor inside is black and white, which gives a fresh clean look. Your host, António suggests you book a table so as not to miss tasting his Stuffed Salmon with Seafood or Leg of Lamb served with a Red Wine and Rosemary Sauce, as well as traditional Italian dishes such as pizzas and pastas and a variety of salads. There is a bar and a wide selection of wines on offer. All this at excellent value and staff who are friendly, smart

and helpful! The atmosphere is relaxed and in summer you can enjoy eating outside on their rustic terrace amongst the shrubs and flowers, or at the front of the restaurant on the pavement watching the world go by.

Restaurante A Ponte is a newly-opened restaurant in the traditional Algarvian village of Alte, where residents and visitors alike are invited to enjoy relaxed dining in unspoiled surroundings. They offer a very varied menu, including vegetarian dishes, snacks and a children's menu. You can also choose from a selection of freshly caught fish and an evening 'A La Carte' menu. The non-smoking dining room is air conditioned and has a family atmosphere to complement the children's play area. During the long summer months you can dine under the stars on their large terrace. Reservations are advised.

O Beiral is situated in a quiet corner of Barão São João, near Luz. Not much to look at as you approach, but inside it's comfortable and rustic, with an 'at home' feel. It has a large terrace set in a lovely garden, full of flowers and there is a children's play area. New owners Olympia and Alessandro welcome you with a free Bruschetta! The freshest meat and fish are available to cook on your own stone. Prices are very reasonable and they have a selection of organic wines to choose from. And if you suddenly feel in the mood for a little music they have a variety of mu-

sical instruments you can play (but please only if you have a good ear for music!) If you want a relaxing evening, book your table to avoid disappointment.

Estrelo do Mar Pastelaria, located in Praia da Rocha close to the Hotel Jupiter and next to the office of Avis car hire, is a new venture easily found because of the delicious aromas wafting down the street from within! Cornish Pasties, Salads, Pork Pies, Sandwiches, Pastries, Clotted Cream Teas and much more. Inside you'll receive a friendly welcome from your hosts Aubrey and Eugenia and their cheerful staff. Bright and airy, the ambience is relaxed with a European flair. You could find yourself returning again and again to enjoy chilling out on their large terrace in the sunshine with a tasty treat.

Mister Grilo Restaurant is a tricky place to find in Porches, but well worth the discovery.

Not only well known to local residents, but also travellers from afar. The bar/waiting area is comfortable, often with an exhibition of local artists on display, and the Bistro dining room is painted with warm paint-washed walls with miniature palm trees and mosaic-tiled table-tops creating a lazy, sunny feeling as you sample the quite extensive menu. There are lovely sea and country views from the terrace, where you can try their delicious chicken 'cabidela' or octopus rice with coriander. A children's menu is available and there is live music on Thursdays.

Is YOUR restaurant special? If so contact Bella on 914 393 736.

Restaurant - Churrasqueira *O Beiral* With a garden

- International food
- Italian specialities
- Meat & fish on the stone
- Vegetarian dishes

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Mob: 912 299 672
Book your table!



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GRILÓ

Restaurante

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Selection of national & international dishes to choose from
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*Regional Dishes by order
*Special Group Rates
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Live Music on Thursdays

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Porches 8400-471
Tel: 282 381 176 - 918 365 426

Restaurant guide

ALMANCIL

Bistro des Z'Artes
International Menu
Open: 12.00- 15.00 & from 7pm.
Closed Mondays
Rua Calvario, 69, Almancil
Tel: 289 395 114 / 967 785 601

Shanghai Restaurant
Delicious dishes from Shanghai, China
Open: Daily 12.00-15.30 & 18.00-23.30

Rua do Comércio, 94 R/c, Almancil
Tel: 289 397 642

A Floresta
Portuguese & International cuisine
Open: Mon-Fri 12-15.00
Mon-Sat 18.30-22.30
Est. de Vale do Lobo, Almancil
Tel: 289 394 331

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O Major
Biggest 'Surf & Turf' Platter

King of Fried Cuttlefish
Open: Mon - Sat 10h00 to 23h00.

Next to Fruit & Veg. Market in Armacão de Pera
Tel: 919 223 969

ALVOR

Humphreys Restaurant
Steaks & International Dishes, Vegetarian Menu
Open: 6pm. to late
Closed Mondays
Rua D. Sancho, 14, Alvor.
Tel: 934 206 102

ESTOI

Quinta dos Poetas
Portuguese Gourmet
Open: Tues - Sun for Lunch & Dinner

Apartado 1126, Nr. Estoi

Tel: 289 990 990

LAGOA/SILVES

Mister Grilo
National, International & Vegetarian dishes

Open: 17.00 - midnight

Rua António Joaquim Cabrita, N°7, Porches, Lagoa

Tel: 282 381 176 / 918 365 426

O Cantinho dos Italianos

Pasta dishes

Open: 12.00 - 15.00 and 18.00 - 23.00

Largo 25 de Abril, No 1, Pera

Tel: 914 844 269

Porches Velho

Portuguese Cuisine with Fado every Friday night
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Porches

Tel: 282 381 692

Mob: 919 255 992

LAGOS/LUZ

Dolce Vita
Pizzeria and International Menu

Open: 12.00 - 15.00 & 18.00 - 22.30

Rua Soeiro da Costa & Rua Lançarote de Freitas, Lagos

Tel: 282 768 466

O Beiral

International & Vegetarian menu - Italian specialities

Open: Tue - Sun 11.00 -

15.00 & 18.00 - 12.00

Closed: Mondays

Rua Dr. Guerreiro Tello, Barão de São João, Luz

Tel: 282 688 004 / 912 299

672

O Mandarin

Chinese & Asian dishes

Open: 19.00 - 23.30

Calicas, Albandeira, Lagos

Tel: 282 762 401 / 282 760

424

Vila Palmeira

Gourmet restaurant

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Bistro & Bar - 11h to 24h

(Both closed Mondays)

Meia Praia, Lagos

Tel: 282 770 902

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www.meulimao.com

NoPatio

International Restaurant

Open: Thurs-Sat. 18.30 -

21.30, Sun. 13.00-15.30,

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LOULÉ

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Extensive menu, including Vegetarian Dishes

Open: Daily

Alte

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625

PRAIADAROCHA

Estrela do Mar Pastelaria

Salads, Cornish Pasties, Pork Pies, Sandwiches, Clotted Cream Teas

Open: Daily 8am - 8pm

Estrada da Rocha

Praia da Rocha, Portimão

Tel: 932 896 385

PONTIMÃO

Restaurante Kottomisie

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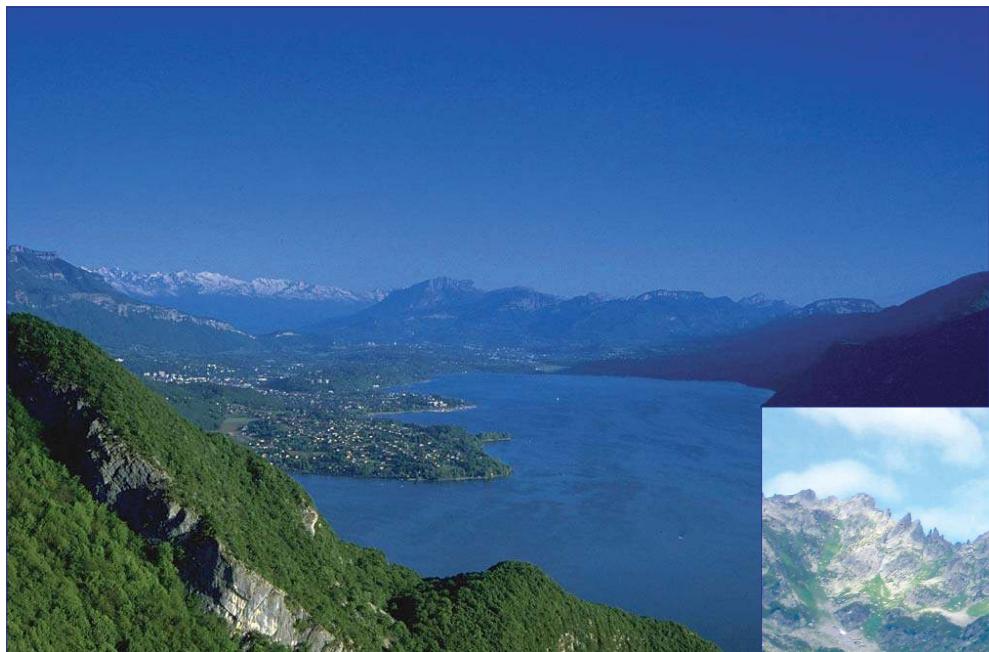
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Take a peak at the Alps in summertime



If I squeeze you hard enough, you will not fall," chuckled my cheeky paragliding instructor Pierre. Looking down at Pierre's skinny knees, I wasn't so sure.

Running as hard as I could downhill towards the precipice with shale slipping under my trainers, I almost expected to drop off the edge like an over-enthusiastic lemming. The hot air rattled in my ears and my body pulsated with fear.

"Run and whatever you do,

don't stop," bellowed Pierre.

Almost at the last second, the large red canopy lifted and with a smooth gust of air, we were swept effortlessly up into the cloudless sky.

Lake Aiguebelette beneath us was emerald in colour, its exquisite glow offset by the darker

greens of the surrounding alpines. As we spiralled downwards, I could see jovial canoeists splashing each other and gaggles of children dipping in and out of the water.

Paragliding is one of the activities I had always refused to do, along with parachuting, hang-

gliding and all activities involving, as one of my companions called them, "a few reinforced plastic bags and pieces of string". But the feeling of freedom was astounding and as the tips of my toes touched the grass, I promised myself I would do it again.

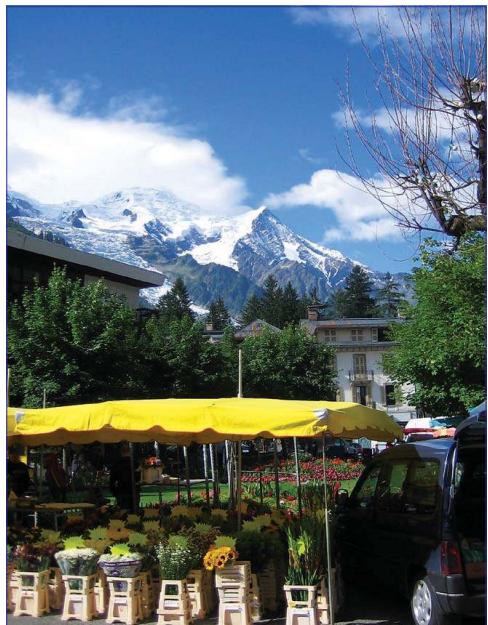
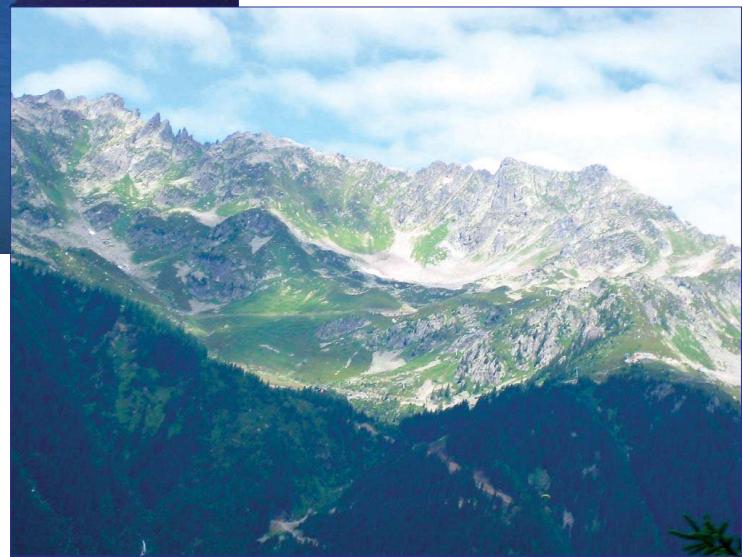
As a regular skier, the Alps didn't seem like an obvious choice for a summer excursion. Without a good dusting of the white stuff, I wasn't entirely sure what lay ahead.

We started in Chamonix, the real playground of the Alps nestled at the foot of Mont Blanc, the highest peak in the Alps and

second highest in Europe. Registered on the world heritage list for its exceptional surroundings, it's considered the ultimate place to be for all those who love nature and the mountains.

The resort is a highly fashionable destination in both the winter and summer, and according to our walking guide, over 20% of the population are English.

Chamonix is a bustling town, with exclusive hotels, bars and cafes. Renowned for its gastronomy, the region also houses some excellent restaurants. One evening I was lucky enough to dine at the La Maison Carrier where head chef Pierre Carrier's



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Aeroporto de Faro

cooking has earned him international recognition and two Michelin stars.

Surrounded by a couple of empty bottles of Savoie wine and a succession of meticulously-cleaned plates, I swore I wouldn't be able to make it back to the hotel, let alone up the mountain for a vigorous two-hour hike the next day.

In the heart of the action is the friendly, three-star Hotel L'oustalet, which is both extremely cosy and functional with real rustic charm and a heated outdoor swimming pool.

It's a waste to go to the Alps without enjoying the spectacular views on offer. Sunny, largely south-facing pistes have enchanting views of the valley to Mont Blanc and its striking peaks.

One of the most famous peaks, the jagged Aiguille du Midi, is reached via a dizzying aerial journey by a two-stage cable car to a chilling altitude of well over 3,000 metres. This journey is not for anyone with a fear of heights; two white-faced companions clung to me during our swinging ascent to the heavens.

At the summit, the cloud cover

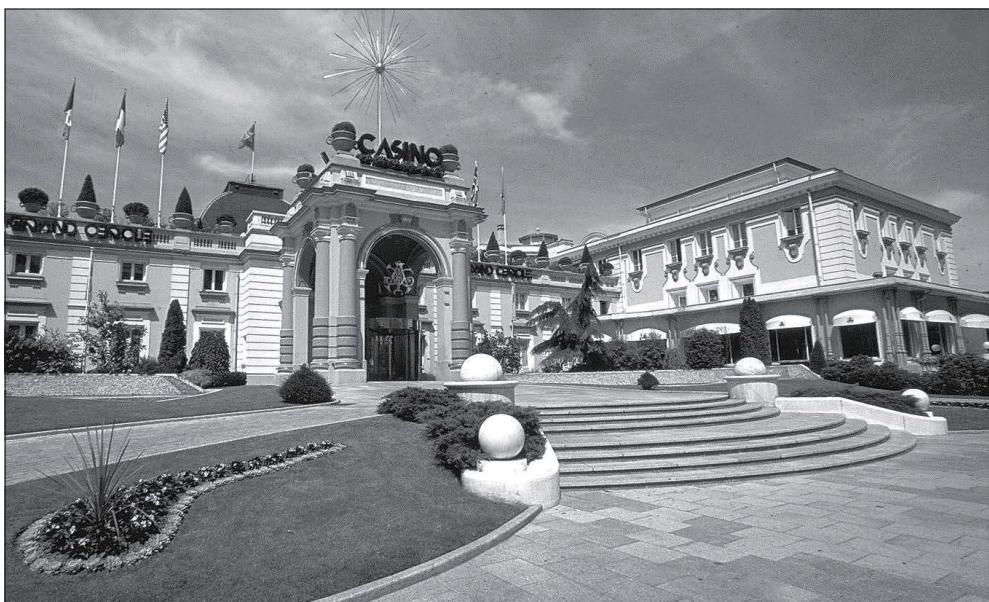
was so heavy that I couldn't see more than three metres in front of me. One of the problems with mountain tourism is that activities are often dictated by the weather - I can only imagine how dazzling the views from the Mont Blanc Terrace are on a clear day.

Another natural highlight is the strangely beautiful Mer de Glace in the Chamonix valley. The largest glacier in France is over seven kilometres long and 200 metres deep and accessed via the Montenvers Railway, an eccentric train, to heights of nearly 1,900 metres.

Once at the peak, looking down on the grey river of ice, I could see people hiking across the expanse, like ants picking their way carefully across a hazardous terrain.

The inside the glacier, which is constantly shifting, can be accessed via a number of manmade tunnels. These are definitely worth a visit as inside there are several handcrafted ice sculptures. It was deafeningly quiet, the silence only interrupted by the odd splash of melted water.

In summer, the first thing that comes to mind (if you exclude



Pictured above: The Aix-les-Bains Casino. Opposite page - top left: A view of Bourget Lake; top right: An aerial view of the Chamonix mountains, Rhone Alpes; bottom left: A view of Mont Blanc from the local market and bottom right: Paragliding over Aix Les Bains, Rhone-Alpes. (Photos: Press Association)

cold beer) is splashing in cool mountain rivers and refreshing clear lakes to drive away that

heat-induced lethargy. Certain regions in the Alps also offer this sort of luxury.

The spa town Aix-les-Bains, situated next to the Bourget Lake, the largest natural lake in France, is the perfect venue. With water an intimate part of its history and its esteemed thermal baths visited by aristocracy for hundreds of years, Aix is steeped in holiday tradition.

The waters of the National Thermal Baths, renowned for their healing powers, are tapped at depths of 2,200 metres, and after spending a couple of hours being jetted vigorously from all angles (hold on to your bikini!) and floating in the yellowish, warm waters, I felt thoroughly refreshed and the aches and pains of my few days in the mountains seemed to vanish.

Outside on dry land, the ro-

mantic landscape is littered with palaces and Art Deco buildings such as The Grand Cercle Casino, which houses a number of mosaics.

Everyone here seemed to be having fun - we even saw a group of pensioners dancing to karaoke in the street, their arthritis and joint aches obviously a problem of the past.

Not that this region is appreciated only by older folk. The Alps offer an abundance of activities for families and the younger traveller, from hiking, climbing, snowshoeing, caving, mountain biking and canyoning to summer skiing, summer sledging, mountain jogging, golf and horse riding. There really is something for everyone.

We even visited a llama farm where you can go trekking and spend a night under the stars in a treehouse while your personal fluffy llama grazes below. And a chocolate-tasting river cruise is high on my list of things to do when I return.

Near the end of our five-day break, we enjoyed a dinner cruise (without the chocolate) on Lac du Bourget. After a sumptuous four-course meal, we retreated to the deck. Passing the ghostly Hautecombe Abbey with chilling church music emanating out of the speakers, we watched the sunset in the distance.

As the orange sun dipped behind the mountains, I felt truly humbled by the spectacular

natural surroundings and the wonders of the Alps.

TRAVEL FACTS

As a guest of Rhone-Alpes Tourism, Georgina Rodgers flew easyJet from Luton to Grenoble. The airline flies to Grenoble from Luton, Gatwick and Bristol from £26.99/€40.00 single and from £48.04/€71.00 return. For immediate bookings, go to their website: www.easyjet.com

Destination information can be found at website: www.rhone-alpes-tourisme.com, with local websites which include: www.chamonix.com, www.aixlesbains.com and www.savoe-mont-blanc.com

Crystal Active - tel: 00 44 (0)870 888 0266 or go to: www.crystalactive.co.uk. They offer seven nights' half-board at Hotel Les Aiglons in Chamonix from £399/€588.00, including return flights from London to Geneva, transfers, three day bike hire and weekly programme of guided bike rides and hikes. Pre-bookable activities include family river rafting (£25/€36.85), white water rafting (£85 for full day), kayaking (£25/€36.85), climbing lesson (£35/€51.60) and others.

Inghams - tel: 00 44 (0)20 7780 4433 is another leading Lakes & Mountains operator into Chamonix.

Georgina Rodgers

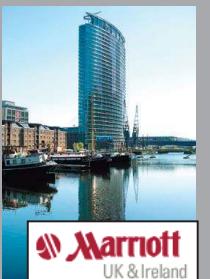
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Additives: counting the cost

Some food experts are advising parents not to give their children food and drink containing certain additives until a study into whether they cause behavioural problems is published in a few months. We ask the experts what the additives are and the types of food they're in, and look at the problems they've been linked with.

Many parents try to avoid food containing E-numbers for their children, believing that such additives adversely affect their behaviour.

Certainly, a Food Standards Agency (FSA) study seven years ago linked certain additives to children's behavioural problems such as hyperactivity, lack of concentration, temper tantrums and allergic reactions.

However, the FSA judged the research, known as the Isle of Wight study, to be inconclusive, and commissioned a new study into the effects of the colourings tartrazine (E102), ponceau 4R (E124), sunset yellow (E110), carmoisine (E122), quinoline yellow (E104) and allura red AC (E129), and the preservative sodium benzoate (E211).

The results of the study, which tested both three-year-olds and eight-to-nine-year-olds, are now known, but won't be released until they're published in a scientific journal, which could take several months.

In the meantime, the FSA's chief scientist, Dr Andrew Wadge, points out that the additives are approved for use in the UK under EU law, and adds: "Legislation demands these ingredients are clearly labelled so consumers can make an informed choice about including additives in what they eat."

However, some of the colours are banned in Scandinavian



Photo: Press Association

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countries and the US, and several food experts in the UK have advised parents to avoid foods containing them - such as many brightly-coloured sweets and fizzy drinks - for their children, at least until the new research is published.

Ian Tokelove, a spokesperson for the independent food watchdog the Food Commission, says: "Many of the additives they're looking at are completely unnecessary anyway. They just don't need to be in children's food - there are natural alternatives, but the colourings are added to disguise bland colours."

And even the major supermarkets are starting to turn their backs on additives - ASDA has just announced that none of its own-label food and soft drinks will contain artificial colours or flavours by the end of the year, and from next month Sainsbury's will ban artificial

colours and flavourings in its own-label soft drinks, using natural colours and fruit and vegetable extracts instead.

However, plenty of other brands containing additives will still be on supermarket shelves - and that, Tokelove says, is where parent power comes in.

"Read the small print, and if there are lots of long chemical names you don't understand, you have the choice to put that back on the shelf and choose something better."

He warns that parents shouldn't just go by what they read on the front of a food packet, and adds: "There does seem to be potential harm from some additives - but some children will be more susceptible than others."

And for parents who are unsure what, if any, additive is affecting their child's behaviour, a food diary might give them the answers, says Fiona Hunter, a

Ask the expert

My daughter is writing her exams. What advice can I give her to keep calm on exam days?

Clinical psychologist Linda Blair says: "Rushing around doing things at the last minute can stress you out at the best of times, so on an exam day it'll leave her feeling particularly frazzled. Allowing plenty of time to get to the exam hall will mean less rushing and less stress."

"Exercise is also a fantastic stress buster, so get her to walk to school on exam days. The fresh air will help clear her head and walking also releases the body's natural happy drugs, endorphins, so it'll help her feel more positive."

"But talking to mates on the way about what might be in the exam could end up stressing

her out - chatting to friends about something completely different is a good way to calm nerves before the exam."

"It's fine to go over revision notes, but there's no point trying to learn new information in the 24 hours before the exam. It just won't have time to sink in - and nearly a third of students admit cramming actually makes them more stressed."

"Other people's nerves can have a knock-on effect, so if someone's getting worked up outside the hall, give them a wide berth."

"And before the exam, tell her to breathe deeply, tell herself the exam'll be fine, and then go in and do the best she can."

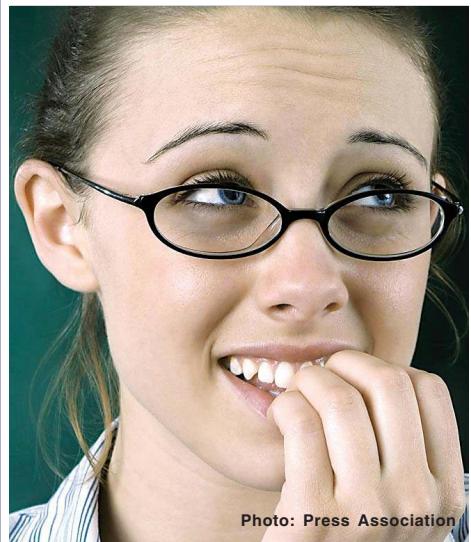
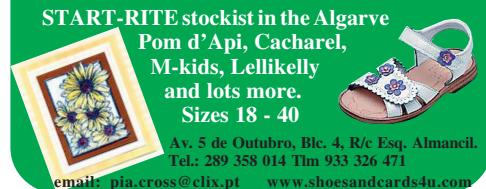


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dietitian from the British Diabetic Association.

"If a parent suspects that additives may be causing their child's behaviour problems, they may detect a pattern by charting what the child eats and their behaviour for a few weeks.

"If you can identify a par-

ticular food or drink that's causing it, then obviously cut it out of their diet."

"You have to be very careful with children's diets, but cutting out foods that contain additives isn't going to make any difference to them."

Lisa Salmon

Three ways to... stop a young child using a dummy

...stop a young child using a dummy

1. Stop it when the child can understand why she's had it taken away.

2. Have strict rules about when the dummy's available, such as not outside the home, and then restrict it to bedtime

only before stopping it altogether.

3. Use the cold turkey approach - remove the dummy and don't let her have it again. She should stop protesting within a few days.



Photo: Press Association

Dental care in cats and dogs

Cats and dogs are more likely to have dental problems than we are, but these problems can go undetected as they cannot tell us if they feel any pain. It is up to us as owners to regularly check our pet's teeth.



Plaque build up can be the result of feeding an incorrect diet and/or not brushing your pet's teeth. Plaque is a yellow/brown-coloured mixture of bits of saliva, waste food and bacteria that sticks to the teeth. If the plaque is left it can damage the teeth because the bacteria produce chemicals that destroy the gum tissue, it can even invade the jaw bone and lead to the teeth falling out. The plaque is also mineralised to cause tartar; this pushes back the gum margins and exposes the fragile parts of the teeth, the roots. Gingivitis is a condition, mainly seen in cats and smaller breed dogs, but can affect any breed. It is a minor gum infection with a major gum inflammation and, if left untreated, can lead to the removal of teeth. If your pet has any problems with its teeth then it will probably be unable to eat properly, as the problem may well cause it pain.

Diet actually plays an important role in dental health. Feeding too much of the wrong food can lead to a build up of waste food/matter that is available to form plaque and tartar on the teeth. Your pet requires a diet that is as natural as possible, with no artificial colours and preservatives, which is not bulked out with excess cereals that are not needed by the body, which will become waste matter.

Brushing your pet's teeth regularly is another good routine to start. Specially designed toothbrushes and toothpastes are available for dogs and cats. Never use human toothpastes because dogs and cats dislike the flavour and the frothing. Petosan has one available which is poultry flavour and Dorwest Herbs has a Roast Dinner flavoured one. There is an homeopathic remedy available called Fragarica 3c (Dorwest Herbs) which, if given on a daily basis, can soften the tartar to aid its removal, and if given weekly, it may help prevent the build up of tartar.

The routine of regular brushing can seem a difficult one to achieve but start by getting your pet accustomed to having its mouth handled by gently touching the face and nose. Once you have

achieved this, start getting them used to having their teeth brushed. Approach your pet from the side rather than the front, hold their mouth shut with one hand. Lift the lip on one side of the face. Cover your index finger with a flannel or special "finger brush". Once your pet has accepted this, then you can start using a proper brush. Make sure you push the brush into the paste and that your pet cannot lick the paste off. Start gradually, just a few outer ones first and then progress once your pet is more relaxed about it. Once you have finished brushing your pet's teeth make sure that you give it a treat, not a sugary one, to let them know that it is a positive experience. It can take up to a month for your pet to accept having its teeth brushed, so persevere and do not get angry.

A new product on the market is called Plaque Off, which can help if brushing your pet's teeth is difficult.

It is a completely natural product containing a special type of seaweed, which has been discovered to have specific benefits to oral health. It comes in a granulated form which is added to your cat or dog's food once a day. It is rich in natural iodine, contains important vitamins and minerals, and is free from artificial colours, preservatives, gluten and sugar. It works through the blood stream preventing the ability of the plaque to stick to surfaces in the mouth and softening existing tartar deposits, with results being noticeable within 3-8 weeks, maybe a bit longer if there are large deposits. It is suitable for all cats and dogs but because of the high iodine levels it is not suitable for animals undergoing treatment for hyperthyroidism and if your pet is pregnant. A small 60g pot can last a small dog for up to a year and a large dog for a few months.

As well as toothpastes, herbal treatment and a natural diet, there are toys available that are designed to help clean the teeth as your dog chews; for example—the Dental Kong. Other items available are natural treats and bones like Snak-Attaks, which are filled cattle bones, which are beneficial to teeth

Once again we had a really good number of Water Dogs arrive for the day. This is such an improvement on last year when at times only Laura and I would turn up with our two puppies. We recognise a lot of the people now which is also very good.

unfortunately not though. We accept that these are working dogs, fisherman's dogs and that a rough sea should not be an issue. But, these dogs are not normally trained in these conditions so they are not used to them. Merlin still suffers badly from separation anxiety and I must thank Laura's Dad for removing Merlin from the scene whilst Cleo was in the ring. Merlin is a real pest and just barks because his Mum and his Sister are away from him. I hope as he grows up he will improve.

The Water Trials had to be relocated from the Marina as there was a power boat race. This proved to be a big problem. It had to be moved to a beach which was quite a distance from the town. In itself this was not a problem; it was a very nice beach with sand and dunes. BUT, the sea was very rough, the roughest we have seen for trials. There seemed to be quite a delay while the Judges arrived during which time we all surmised that it would be cancelled

Overall, it was interesting. Izzy did a fantastic swim, her little head bobbing around in the huge waves. She also managed her retrieve but at the dive she had difficulty seeing the object under the breakers, she did the dive but didn't catch the object. Leo also did himself proud as did a couple of other dogs. Laura decided it was just too rough for Annie. It is always better not to do these things than do them and frighten the dog for the future.

It will be a Water Trial we will

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and have an added bonus of keeping your pet amused for hours. Dental Fresh and Dental Stix are also on the market.

As long as you get into a routine of regular checking and brushing your pet's teeth, and feeding a natural, balanced diet, then your pet's teeth should stay in good health and you will have happy pets. If, unfortunately, you suspect any prob-

lems with your pet's teeth when you check them, then get a veterinarian to check them.

Happy Brushing!

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Vila Real Water Trials



not forgotten in a hurry. From a spectator point of view it was very cold, which was so odd as it had been so hot in town, the wind on the beach was very strong.

The next Water Trial is on June 17th at Ferragudo. The Beauty Contest is on the main town front, just over the bridge, turn right. It starts at 10.30am. The actual Water Trials normally start at about 12.00noon and are at the first Ferragudo beach, the one

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Not another sun safety lecture!

Seriously, we all know the associated risk between sun exposure and skin cancer and while this is about as serious as it gets, the warnings are out there so I'm not going to lecture you on this subject however, there are other skin concerns that are caused by sun damage that should also effect your sun safety decisions. It is these concerns that are less well documented and you may well know very little about.



What other damage can occur?

There are very few people out there who are not concerned with ageing on their skin and the sun is the predominant factor in skin ageing. The UVA rays from the sun penetrate deeper than the UVB rays and it is this which causes the breakdown of collagen (what firms your skin) beneath the skins surface, this then causes wrinkling and a leathery appearance on the skin, which, lets face it, none of us want. UVA rays are also responsible for pigmentation, these darker patches of skin are often referred to as liver spots or age spots, but once again they are in most cases caused by sun damage and are therefore preventable.

How do I prevent this?

Simple. Take note of all that is said about the dangers of the sun, it is all true. Cover up as much as possible, wear a wide brimmed hat, wear sunglasses to protect the eye area, take advantage of natural shade where possible, try not to sit out in the sun between the hours of 11am and 3pm, don't ever let your skin burn and finally wear a sunscreen...everyday on all areas exposed to the sun.

Living in a warmer and sunnier climate it is essential to treat the application of your sunscreen as you would do brushing your teeth. It should be or become something you do instinctively every morning before leaving the house.

But I hate wearing those thick, white, chalky creams

Sunscreens are not what they used to be. Many professional

products ranges are bringing out a wide variety of sunscreen to suit each and every skin type. It is important that you use a sunscreen on your face every day, so you want a good one, something that offers your skin what it needs; protection, hydration and moisture. Most professional product ranges offer a few different sunscreens for the face, most of which focus on the anti ageing benefits. For example Decleor's 'Protective Anti-Wrinkle Cream Spf15' or

idea...a broad spectrum block of spf15 will give you protection against 93% of UV radiation, an spf30 will give you approximately 97% protection.

Apply your sunscreen at least 20 minutes before heading out.

You must re-apply your sunscreen every 2 hours, and immediately after swimming or taking part in any water sports.

A natural tan does not protect you from the sun. A tan on your skin shows that damage is being done, never reduce the factor of your sunscreen just because you have built up a tan. Unfortunately no tan achieved by expos-

ure to UV rays is a healthy tan. **Never let your skin burn.**

If you really must achieve that 'golden glow' do so gradually, there's no rush.

Those who have an outdoor occupation and those who have an outdoor recreation, such as golfing, gardening, skiing or sailing, are also at risk and must learn to protect their skin.

Enjoy the sun, if you protect your skin and are sensible as to the amount of exposure you allow yourself, there's no reason why you shouldn't.

Every effort has been made to ensure this information is correct, but when it comes to your

skin everyone is different, one treatment or product may not suit everyone. If you have any skin concerns or more questions about safety in the sun for your

skin specifically you can talk to a skin or beauty therapist and also your doctor.

Suzie Bell, Senses skin care centre - 282762261/913275869

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Q & A's

How many of you actually know your skin type? Do you know the difference between skin types and skin conditions? Do you know what type of moisturiser you should be using, or how often you should exfoliate? Do you know how to solve dehydration on your skin? If not, this is your chance to find out. E-mail any questions you have regarding your skin, beauty products and beauty treatments to: sensesskincare@hotmail.com.

One or two questions will be printed, but every one will be answered personally.

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The sunless tan - the only way to achieve a safe and healthy golden glow

The fashion this summer is slightly more moon glow than fantastical bronze, however we all feel more confident with a bit of colour. There are hundreds of self tanning products out there for you to choose from. The classic and original self tan by St. Tropez remains the number one choice however, more and more companies are challenging St Tropez for this top spot. Many professional skin care companies have developed at least one self tanning product, and many

companies are launching completely new ranges of self tanning products and accessories.

In-salon treatments remain the safest way to a streak free tan but by following a few simple rules you can achieve this flawless look at home.

1. Exfoliate. You should exfoliate the whole body either on the day that you are going to apply your tan or the day before, concentrating on your knee's and elbows. This will ensure even coverage and will prevent orange patches developing around drier parts of the body. You should

continue to exfoliate every 3-4 days after applying the tan to ensure that it fades evenly.

2. Moisturise. If you are using a tanning range that supplies a body moisturiser, such as, St Tropez or Fake Bake, use this on your elbows, knee's and hands and feet. You can also mix the moisturiser with the tan for a lighter shade to use on the face. You should moisturise every day af-

ter applying your tan, especially if using St Tropez, as their moisturiser contains an ingredient that helps maintain the tan.

3. Apply your tan. Always start at your feet and work your way up. Start at the ankles and blend a very small amount of the tan onto the feet, then continue up the body. Be careful with the hands (wash immediately after applying the tan) as this is where the tan can stain and go orange.

Some tans contain a guide colour to show where you have and have not applied the tan. Most of these tan's require you to leave them on for at least 3 hours before showering. Some even suggest to leave them on over night and then shower in the morning. All tanning products are slightly different and buying a self tan from a skin centre or beauty salon will enable you to ask about the product and learn how to apply it yourself.



Don't catch a chill

Now that the evenings are drawing out and summer is in sight we are all looking forward to spending more time outside on our balconies, patios and terraces enjoying the flora and fauna around us. But where's the fun having to decamp back inside when the sun goes down or determinedly staying outdoors wrapped up as if we are

to the parasol hole of your table for added stability and has all the safety features of its bigger brothers.

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RBCGS members compete for the Beefeater Cup

At Estoril Golf Course on the 9th May, 40 Royal British Club Golfing Society golfers were in competition, for the 6th year running, for the very popular Beefeater Cup

Later some 50 members and guests had the pleasure of being welcomed by Derek and Nicky McIvor and John and Grace Chadlow at their Beefeater Pub with Beefeater Gin and Jameson whisky in hand for the reception and prizes kindly donated by Pernod/Ricard.

The Beefeater Cup was won by Denys Stormont with 37 points who also won the prize

for the Nearest to the Pin for Men. Well done Denys!

Prizes were also awarded to Hans Ludolphi 2nd with 36 points, the vice captain Kate Scheier 3rd with 35 points won on a count back from Richard Evans 4th and Derek McIvor 5th while Ed Robbins was awarded the 6th prize with 34 points. Teresa Muhlenbeck won the prize for Nearest to the Pin for

Ladies. José Alves won the cowbell and Carol Mason won the Newstead Cup. The Captain's Prize was awarded to Henk Vaandrager on a count back from Chris Goulding.

Members are now looking forward to the Rankin Brothers & Sons Trophy in its 11th edition to be held on the 6th June at the EGC and the prize-giving lunch on the 7th at their farm in Coruche.



(LTR) The winner, Denys Stormont, with Graciela Gibbon, captain of the Society and the runner up Hans Ludolphi.

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TOFFS at Lisbon Sports Club

On Monday, 14th May, thirteen members of the TOFFS golfing group and one guest visited the Lisbon Sports Club to face the challenge of the long established Golf Course.

Many of the players were well acquainted with the course, having played there on numerous previous occasions, but all were pleasantly surprised to experience the much improved quality of the greens and fairways.

The high temperatures of the

day provided the necessary excuses for low scoring by several members, but not for Hans Ludolphi who, once again, outscored all others and went home with the Quaik and a well earned first prize. Second place was taken by Henk Itzig Heine

on a countback from Bill Buxton. The Clubhouse provided an excellent venue to relax after the game and the group enjoyed a traditional lunch. The group will continue to visit local golf courses, next month with a visit to the Aroeira Golf Course No.2.

Play golf and support the underprivileged children of the Algarve

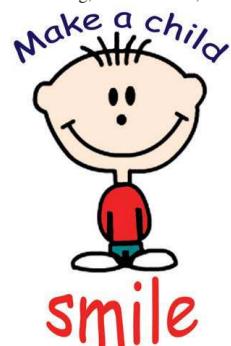
To play golf while at the same time supporting the underprivileged children of the Algarve is that possible? Yes, Almancil International Rotary Club, AIRC, claims. The club has opened a fund for underprivileged children in the Algarve and in order to swell the funds they have arranged a BigBANG Charity Event on the 2nd of June.

The day will start with a Golf Tournament at Benamor. It is a team golf tournament over 18 holes, with a superb prize table, thanks to many kind sponsors who support the aims of the club. There is golf information for non-golfers and a small putting contest—also offering an excellent prize.

At luncheon the Castro Verde Philharmonic 45-man school band will play at the Club House and the event will end with the Prize Ceremony. There will be raffles with wonderful prizes as well—all in the interests of the underprivileged children in the Algarve.

The net proceeds will open the fund and, given many golfers, it will make a splendid start. So, it is possible for you to play golf and at the same time support the good cause for

Algarvian children. The proceeds of the fund will be subject to auditing, and thereafter, indi-



vidual children or groups of children can apply to the fund for support for their cause. Once an application has been approved,

AIRC will arrange for direct payment to the supplier of the necessary support, such as a dentist, an optician, an eye doctor or hardware supplier etc. No money will be paid out except directly to the supplier of the approved cause. Money from the fund is not available for causes such as buildings, cars etc., funds will be only allocated directly for the children.

In the evening, AIRC has organised a four-course Gala Dinner Dance with music provided by the Big Band Algarve, a 22-man band. The two events are separate but some people may be attracted to participate in both.

All details can be found at the Rotary Club's web site: www.rotaryalmancil.org or mail to charity@rotaryalmancil.com or phone 289 399 315.

VIP golf gala for a good cause

This weekend the Vila Sol SPA & Golf Resort is holding a charity auction as part of its iMackenzie Sir Bobby Robson Golf Classic 2007 tournament, which will be held on Saturday June 2nd.

Many sport stars and VIP personalities will be taking part both in the auction and the tournament, which is expected to comprise some 30 teams.

Amongst these international personalities will be Peter Schmeichel (Denmark), Steve Bruce (Manchester), Ally

McCoist (Scotland), Frank Arnesen (Norway), as well as the event's host, Bobby Robson himself. "Over the past three years the 'Mackenzie Sir Bobby Robson Golf Classic' tournament has raised over €150,000 for the Refúgio Aboim Ascensão children's home in Faro.

Do you have any Golf news?
Is there an upcoming Golf event you would like our readers to know about?

Send it to us at
copy@the-news.net

Savvy shopping

Ever wanted to learn the true secrets of successful shopping? Mary Portas, author of *How To Shop With Mary, Queen Of Shops*, tells us how.

Shopping: love it or hate it, we've all experienced at least one hellish day on the high street. Even die-hard fashionistas can dread hitting the shops in search of that elusive pair of perfect-length trousers or sky high heels that don't pinch.

The average woman spends a whopping eight years of her life shopping - that's 301 trips to stores per year, a GE Money poll revealed. Many of those shopping sprees are simply to ogle potential outfits for our wardrobes.

"Let's face it, fashion shopping doesn't come easily to everyone," says Mary Portas, author of new book *How To Shop With Mary, Queen Of Shops*.

"Some of us just get on with it and muddle through the process hoping to score more successes than failures. Some girls hate it,

while others are quite frankly too obsessed by it."

Mary, a retail marketing specialist, wants to show women how to shop like a seasoned professional, utilising her tricks of the trade.

"We are inundated with ideas on how to dress, get the look, copy the celebrities, even (heaven forbid) dress like an individual," she explains. "Yet no one is showing us what to look out for once we pass the threshold of the shop itself."

Shopping Survival Guide

Whether it's a rare annual urge to shop, or more like a constant craving, our desire to spend, spend, spend without thinking can often result in 'Why did I buy that?' purchases that never get past the wardrobe doors.

"Some 70% of all supermarket purchases are impulse buys - if

we did the same in fashion stores, we'd need wardrobes the size of Elton John's," Mary laughs.

She reveals how to become a savvy fashion shopper:

Don't Stand For Shoddy Service

"If you're not being served, walk out," Mary advises. "Shopping is about so much more than a sales transaction."

Don't shop on a Saturday

"Okay, you've got the day off, but so has the rest of Britain," she warns. "Try to get out there mid-morning on a Wednesday or Thursday. By the afternoon the merchandise is often all out of place and the staff are flagging."

Do dress the part

"Practised celebrity shoppers (besides Victoria Beckham) almost always wear flat shoes and dress down in jeans and vest to be as comfortable as possible while shopping," Mary says.

"Go shopping on a good hair day - if your hair looks bad, the whole outfit just won't feel right. The same applies to your make-up."

Do go online first

"Do your research online," Mary advises. "I like to check out US Vogue's www.style.com or the British site www.vogue.co.uk after the catwalk shows to get ideas for what's coming. I also use www.net-a-porter.com, www.matchesfashion.com and www.brownsfashion.com to check out the season's key fashion pieces."

Don't buy in haste

"Never buy rashly," Mary warns. "If you're not sure, even for a moment, don't buy it. If you've got the time and don't mind taking the risk, put everything (except the most exceptional items) back until the end of the day so you can make your final choice."

The fashion calendar

Trends come and go, hemlines move higher and lower and must-have colours can change like the weather on the fashion barometer. Styles may be fleeting, but the retail industry follows a strict



The average woman spends a whopping eight years of her life shopping - that's 301 trips to stores per year. (Photo: Press Association)

timetable, season by season, that rarely budges. Mary gives us the low-down on what to expect from the high street over the coming months:

June/July

"It's almost sale time again," she says. "The secret to successful sales shopping is pre-planning. Make a recce of each store, a note of the item you may want to buy if the price is right, an inquiry as to what the price will be and turning up on the first day of the sales to nab it. By July the summer sales are in full swing for most stores, running through to the end of the month."

August

It may be scorching outside but chunky knitwear and woolly coats are trickling their way onto the rails...

"It's the arrival of the new season's stock," Mary explains. "Don't delay in snapping up something that really

takes your fancy unless you're ready to gamble that it will still be about when the weather turns or you're confident of finding a better option when all the deliveries have finally been made."

Lisa Haynes

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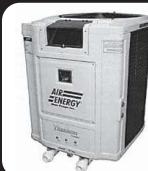
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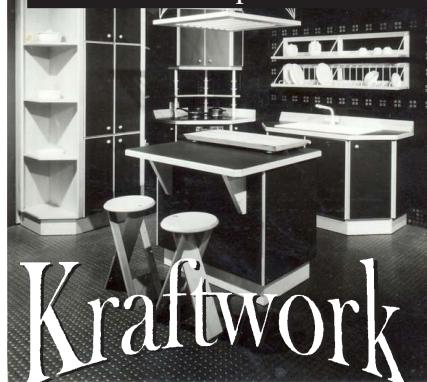


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Inscribed inside my husband's 30 year old wedding band is the reference, Ecclesiastes 4:9-10. "Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up."

We chose that verse to characterize our marriage and for thirty years it has been a wonderful reminder that God brought us together as a couple because we could accomplish more for Christ together than either of us could separately. Like the flight of geese, we move forward in unity. This is true of marriages and of any number of other partnerships. Why not ask the Lord today if there is an independent spirit within you that prevents you from joining others in the mission to which He has called us.

Christ spoke often about unity among believers. He said that others would know we are Christians by our love for one another and by our unity. We

need to depend on others so that we don't have to endure life's pain or joys alone. By walking together, like the carefully planned group flight of the geese, we increase our strength. If we continually try to move forward alone, we must carry a load we were never intended to carry. God did not create us to go it alone.

Inscribed inside my husband's 30 year old wedding band is the reference, Ecclesiastes 4:9-10. "Two are better than one because they have a good return for their labor. For if either of them falls, the one will lift up his companion. But woe to the one who falls when there is not another to lift him up."

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Romans 12:15



Announcements

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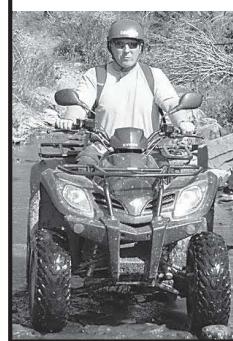
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Sporting lift Portuguese Cup



Sporting soccer team players celebrate with their trophy after winning the Portugal Cup final match against Belenenses at the National Stadium, near Lisbon last Sunday. (Photo: Lusa/Inácio Rosa)

Manchester United sign Nani and Anderson

Manchester United's David Gill and assistant manager Carlos Queiroz were in Lisbon on Wednesday to finalise the signing of international Portuguese winger Nani from Sporting and Brazilian international midfielder Anderson, who played in the colours of FC Porto the past season.

Manchester United have completed a double swoop on Wednesday night with the announcement that the Reds have agreed a deal to sign Sporting's highly-rated winger Nani, whose playing style bears a strong resemblance to that of Cristiano Ronaldo.

The 20-year-old has long been

linked with a move to Old Trafford and his capture adds to the signing of 19-year-old Brazilian midfielder Anderson from FC Porto.

A club statement confirmed: "Manchester United is delighted to announce it has agreed terms in principle with Sporting Lisbon for the purchase of the regis-

tron of Nani.

"Personal terms have been agreed and a formal announcement will take place once the necessary administrative procedures, including a medical, have been completed."

Nani is a product of Sporting's world-renowned and enviable youth system, which has produced players such as Luís Figo, Cristiano Ronaldo, Ricardo Quaresma and Simão Sabrosa.

Nani made his first-team debut at the age of 18 and played 29 league games in the 2006/07 season, scoring five goals.

It is unclear how much Manchester United have forked out to acquire the services of these two 'boy wonders', but it is estimated that the club spent around 50 million euros to take the two to England.

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Sporting have ended the Portuguese season on a high after winning the Portuguese Cup staged at the Jamor Stadium last Sunday.

Sporting have lifted their 14th Portuguese Cup after beating Lisbon rivals thanks to a solitary goal from striker Liedson three minutes before the end of regulation time.

While Sporting ended second in the Portuguese Super Liga, their win last Sunday has extended an unbeaten run that

started last December.

With light rain falling in the Portuguese capital, Sporting started the match with their usual "all-or-nothing" approach.

When this failed to pay off, Sporting moved back into their shells as Belenenses started to stand their ground and match their

neighbours for most of the remainder of the game. Just when supporters were preparing to stretch their legs before the start of extra-time, Brazilian striker Liedson scored from an assist by Miguel Veloso, while Belenenses defender Amaral was being treated for an injury on the sidelines.

Portuguese triathlete aims for fifth straight Madrid World Cup title

Portuguese world number one Vanessa Fernandes travels across the border to Spain this weekend seeking her fifth consecutive Madrid World Cup title.

The Portuguese star has dominated there, winning every year since the race began in 2003.

Along with important Olympic qualifying points at stake, athletes from over 30 countries will battle for the US\$100,000 prize purse in the fifth stop of the 2007 BG Triathlon World Cup series.

Fernandes has won the last two World Cups she's entered; Ishigaki in April and a few weeks ago on home soil in Lisbon. A win this weekend in

Madrid would be the 16th of her career, putting her just three wins away from Australian Emma Carney's all-time record.

For Anais Moniz, former Junior World and European champion, this will be her first time racing in the Madrid World Cup.

In the men's field, Portugal will send six to Madrid but they will have to battle a deep field that includes Australian Brad Kahlefeldt and world number one and hometown favourite Javier Gomez.

Bruno Pais will be looking to

make the podium this year after he was edged out of the bronze medal position last year.

He has competed in the Madrid World Cup every year since 2003.

The Madrid BG Triathlon World Cup is part of the ITU's series of Olympic qualifiers where athletes can gain some ground in the race to make the cut for Beijing.

The Olympic fields are capped at 55 for men and women with a maximum of three per National Federation.

Portuguese patriotism forbidden at Belgian stadium

Portuguese supporters who have bought tickets for this Saturday's Belgium-Portugal qualifying match for the EURO 2008, but who are seated in the Belgian section, will not be allowed inside the stadium if adorned with patriotic symbols.

This unprecedented move was confirmed by a spokesperson for the Belgian Football Federation, who also said that it was a perfectly normal situation stipu-

lated by Belgian laws.

Stressing that 12,000 tickets were allocated for Portuguese supporters for the game in Brussels, which had sold out by Thursday, the spokesperson further explained that, in their designated areas, Portuguese supporters "Have every right" to take Portuguese flags, scarves, and other accessories to show their patriotism. But Portuguese supporters who purchased tick-

ets in other areas are requested to keep their enthusiasm under wraps and not be identifiable.

According to the spokesperson, it is a minimal "request" which aims solely to "avoid any safety problems".

The match will take place on Saturday, June 2nd, at 19h45 (Portuguese time) a month after the two teams played an initial round in Lisbon, where Portugal won 4-0.



Portuguese player, Hugo Viana (L), in action with Tiago (R) during the training of the national soccer team on Wednesday at the National Stadium in Lisbon. (Photo: Lusa / Tiago Petringa)